

# Physical Education 3100/3101

## Course Description and Evaluation

A student's evaluation reflects the extent to which curricular outcomes have been attained, and it is based on active engagement in various activities/experiences. The evaluation is personal and specific to the individual allowing the student an opportunity for personal success.

### Evaluation Breakdown

All three domains are evaluated through participation in activities, games, and various movement experiences, either individually or with fellow students.

**Moving and Doing (MD)** **50% (25% dedicated to health/fitness)**

**Understanding and Applying (UA)** **25%**

**Cooperation and Responsibility (CR)** **25%**

*Moving and Doing (MD) – 50%*

*The psychomotor elements of a student's evaluation. It is the actual active engagement in activities that is the main determinant of a student's success and the focus of this evaluative criterion.*

*Understanding and Applying (UA) – 25%*

*The cognitive elements of a student's evaluation. It is the knowledge acquired and applied through movement in a variety of activities, games and pursuits that is the focus of this evaluative criterion.*

*Cooperation and Responsibility (CR) – 25%*

*The affective elements of a student's evaluation. It is the personal and social behaviours demonstrated by students during activities that are the focus of this evaluative criterion.*

### Activity Categories

| Units                                                  | PE 3100                                                                      | PE 3101                                                                                   |
|--------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| <b>Fitness Pursuits</b><br>(MD, UA, CR)                | fitness appraisal, fitness, self defense, swimming                           | fitness appraisal, fitness, curling, wrestling, table tennis                              |
| <b>Innovative Games and Activities</b><br>(MD, UA, CR) | creating games, games day, tchoukball, ultimate football                     | bocce, kubbb, archery, snowball, ropes unit, adventure race,                              |
| <b>Team/Group Games and Activities</b><br>(MD, UA, CR) | softball, awareness, hide & seek, rugby, road hockey, basketball, volleyball | winter survival, snowshoeing, team challenges, soccer, beach volleyball, avalanche safety |

*Being prepared to “actively participate” in all activities is vital to your success in this course. This means having the proper gym clothes and attitude. We have a non-participation policy that will address issues surrounding non-participation and inappropriate behavior.*