

The time allocation will break down as follows:

27.5 hours – Teacher Directed – Core Curriculum Outcomes

AHL 30F

Module A: Introductory topics

Module B: Fitness Management

Module C: Mental-Emotional Health

Module D: Social Impact of Sport

Module E: Substance Use and Abuse Prevention

AHL 40F

Module A: Introductory topics

Module B: Fitness Management

Module C: Nutrition

Module D: Personal and Social Development.

27.5 hours – Teacher Directed – Flexible Delivery Component

These outcomes will allow students to personalize their program through a variety of options.

55 hours – Student Directed – Out of School Physical Activity Practicum

Students must complete and record 55 hours of moderate to vigorous activity through teacher directed or student directed activities.

Students will develop a physical activity plan in consultation with their physical education teacher.

Students will record the frequency, intensity, time and type of activities, and reflect on their physical activity participation.

QUESTIONS ABOUT AHL 30F & 40F

Q: I work and have responsibilities at home and don't have time to participate in activities outside of the school day. How will I complete the activity practicum?

A: At Miles Macdonell we have a number of physical activity options within the school day including access to our fitness centre during spares, before school, lunch hour, or after school; intramural activities and/or sport participation.

Q: My sport does not occur during the semester I am enrolled in physical education. Can I use activity hours from before or after the semester I am taking phys. ed. in?

A: Activity hours for the physical activity practicum must be from within the time you are registered for physical education. Physical activity should be part of your lifestyle not just something you do for a three-month sporting season.

Q: I am an IB student and have a full schedule. How am I going to fit phys. ed. into my timetable?

A: There are phys. ed. course options available outside of the regular school schedule.

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Miles Macdonell Collegiate

River East Transcona School Division



PHYSICAL & ACTIVE HEALTHY LIFESTYLES

Building a Healthy Society for Tomorrow

PHYSICAL EDUCATION 20F

The grade ten course (PE20F) will be timetabled daily in one semester for all grade ten students. Topics will include a variety of physical activities including team sports (e.g. volleyball, basketball, lacrosse, touch football, etc.), alternative pursuits (e.g. archery, bowling, dance, golf, etc.), and racquet sports (e.g. tennis, badminton, table tennis, etc.) During the activity blocks the students will have the opportunity to choose from three different activities. In addition there are compulsory topics all students are required to take including heart fitness, resistance training, human sexuality, nutrition, cardio-pulmonary resuscitation, substance abuse, and stress management. Female students will have the opportunity to register for a ladies only physical education class (PE20FL) that will focus specifically on the needs of young women.

Evaluation

Students will be evaluated for each unit of study through a combination that may include some or all of the following:

Daily class rubrics on safety and student engagement, written tests and assignments, skill evaluations, self evaluations

Students will receive a percentage grade on their report for Physical Education 20F.

Success in Physical Education 20F will be achieved by students who are prepared to be actively involved on a daily basis. A willingness to try new activities and work cooperatively with others assures a positive experience for all.

Active Healthy Lifestyles 30F and 40F

SAFETY

School Based Activities school board & staff are responsible for safety (e.g. school sports teams, intramurals, and school clubs).

Non-School Based Activities parents (for students under 18 years of age) & students are responsible for safety. The "Parent Declaration & Consent" form, as well as the "Student Consent" form, must be signed by parent and student (e.g. community sports teams, dance classes at local studio, working out at home, etc.).

CREDIT REQUIREMENTS FOR GRADUATION

All students require credits in Physical Education 20F, Active Healthy Lifestyles 30F and 40F.

These compulsory full-credit courses are designed to help youth take greater ownership of their own physical fitness, to encourage them to seek out activities that interest them, and to engage in life long healthy lifestyles

Curriculum Design Encourages student ownership and parent/community involvement, provides variety and choice of activities, focuses on health and personal planning

Evaluation Students will be required to submit a personal fitness portfolio including a fitness plan, physical activity log, journal entries

Students will be graded for completion of the course with a complete/incomplete designation. The complete/incomplete will not affect a student's grade point average

ROLE OF PARENT

Review the student's plan, exercise discretion and be aware of the safety issues of the activities chosen.

Assume responsibility for the safety and supervision of the chosen activities.

Approve the student's physical activity plan by signing the Parent Declaration and Consent form.

Monitor the student's progress and complete the appropriate forms.

IMPLEMENTATION

The River East Transcona School Division has chosen an implementation model that will have students completing the required 110 hours for a credit 50% in school and 50% on their own time. At Miles Macdonell this will mean that students will have contact with a physical education teacher every second day for one semester. The direct teacher contact time will include the core curriculum outcomes and flexible delivery components. Curriculum outcomes include mental and emotional health, substance use and abuse prevention, and social impact of sport. In addition, outcomes for the development of a personal physical activity plan and fitness management will be taught.



ROLE OF STUDENT

Develop a physical activity plan that meets the criteria set out by their teacher, and identifies and addresses any inherent risks

Share the proposed plan with their teacher and parent(s)

Once the parent(s) have signed the appropriate forms and the plan has been approved by the teacher, the student will implement and log the activity time as they participate.