

Course Code: PAL 301

Course Name: Large Group Activities - Basketball

Grade: 11



COURSE OVERVIEW:

This co-educational course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills, and will be given opportunities to practice goal-setting, decision-making, coping, social and interpersonal skills. Students will also study the components of healthy relationships, mental health, and personal safety. Particular attention will be paid to theory of offensive and defensive team strategies as they pertain to basketball. Physical conditioning specific to basketball will be incorporated into each class. Leadership is a key component of the course. Each student will be expected to log leadership hours in areas such as coaching and refereeing. This course will have an associated fee.

STRANDS:

Physical Activity – the student will:

- ✓ Demonstrate personal competence in cardiovascular and strength training movement skills and principles.
- ✓ Apply their knowledge of guidelines and strategies that can enhance their participation in cardiovascular fitness and strength training.

Active Living – the student will:

- ✓ Participate daily in a balanced instructional program that includes cardiovascular fitness and strength training.
- ✓ Demonstrate improved physical fitness.
- ✓ Demonstrate responsibility for their personal safety and the safety of others.

Healthy Living – the student will:

- ✓ Demonstrate and understanding of sexual and reproductive health.
- ✓ Demonstrate the knowledge and skills that reduce risk to personal safety, identify the risks associated with substance use and abuse.
- ✓ Describe the influence of mental health on overall well-being.
- ✓ Describe the influence of nutrition on healthy living.

Living Skills – the student will:

- ✓ Use decision making and goal setting to promote healthy active living.
- ✓ Develop a fitness profile.
- ✓ Demonstrate an ability to use stress management techniques

EXPECTATIONS:

The students will conduct themselves in an appropriate manner with **SAFETY, RESPECT** and **COMMITMENT** in mind.

The teacher will review all the safety precautions for each piece of equipment as well as the room itself. The student will follow these instructions to ensure a safe environment for all.

Self respect and respect for others are vital for growth and learning. Any inappropriate behaviour will not be tolerated.

Daily active participation and successful completion of all assigned materials will ensure the student is committed to learning. All other regulations outlined in the St. Edmund Campion Secondary School Student Handbook are also a part of this level of commitment.

EVALUATION ISSUES:

- **LATE ASSIGNMENTS:** Assignments submitted after the primary due date established by the teacher will be accepted with a penalty of 10% after the three day grace period. This three day penalty zone is the maximum time allowed for submissions. Once a closure date is reached and all assignments are marked and returned, no late assignments will be accepted and a **mark of ZERO** will be recorded.
- **INCOMPLETE ASSIGNMENTS:** Assignments will be graded according to the extent with which they meet the criteria established in the rubric or evaluation structure.
- **MISSED TESTS:** Tests missed with a legitimate reason will be written within a few days of the student returning from the absence. Student eligibility to write the test and the date of writing will be at the discretion of the teacher in consultation with the department head. Students must bring in a note on the date of return confirming the parent or guardian is aware that a test was missed.
- **PLAGIARISM:** In any form reflects academic dishonesty and will result in a mark of zero for the assignment in question.

ASSESSMENT AND EVALUATION:

Your achievement in the course will be evaluated throughout the semester and recorded under the following categories and weightings to comprise **70% of your final grade.**

| Category | Description | Assessment | Weighting |
|-------------------------------------|--|---|-------------|
| Application | <ul style="list-style-type: none"> • Applying concepts and procedures relating to familiar settings • Selecting strategies | <ul style="list-style-type: none"> • Participation • Uniform • On time and ready to participate • Fitness Performance | 55 % |
| Knowledge/ Understanding | <ul style="list-style-type: none"> • Understanding of concepts, facts, definitions • Demonstration of skills | <ul style="list-style-type: none"> • Quizzes • Skills Tests • In class questions and answers • Assignments • Culminating tasks | 20 % |
| Thinking/ Inquiry | <ul style="list-style-type: none"> • Reasoning • Applying the steps of an inquiry/problem solving process • Selecting and sequencing strategies • Making conclusions | <ul style="list-style-type: none"> • Quizzes • Skills Tests • In class questions and answers • Assignments • Culminating tasks | 10 % |
| Communication | <ul style="list-style-type: none"> • Communicating and reasoning in writing and graphically • Use of mathematical language, symbols, visuals and conventions | <ul style="list-style-type: none"> • Quizzes • Skills Tests • In class questions and answers • Assignments • Culminating tasks | 15 % |

Formative Evaluation – 70% (term work) **Summative Evaluation** – 30% (Final Exam and/or Culminating Activity)

PHYSICAL EDUCATION UNIFORM VIOLATIONS:

If a student has appropriate documentation (parent/doctor's note) for being out of uniform, they will be allowed to participate with replacement phys-ed clothes for that day.

Students will be allowed to participate in a replacement uniform on 3 occasions during the semester. After the third uniform violation, the student will not be allowed to participate and the Phys-ed teacher will phone home. If violations continue to occur the student will be sent to the Vice-Principal and dealt with accordingly.

ATTENDANCE:

As physical and health education is based on participation and on an understanding of health, students and parents should realize that absenteeism will result negatively on the students mark.

All students are expected to participate in each class unless he/she presents a note indicating the reason and approximate time he/she will not be able to participate in the class. Under these circumstances a written assignment will be given to the student for evaluation.

When not participating, the student will be required to complete an activity/assignment due at the end of the class.

When a student is absent for a scheduled test and or assignment, the student will be expected to write the test/submit assignment, on the day they return accompanied by a note from the parent or guardian.

CHANGE ROOM PROCEDURES:

Students will arrive in their St. Edmund Campion school uniform. Other variations will not receive entry. All students are required to enter through the designated gymnasium doors.

Students will be given 8 minutes from the start of the period to change into their St. Edmund Campion PHE uniform. Once changed, students will sit in the designated area outside the change room prior to the class starting and wait for instructions from their teacher.

No student will be allowed to change back into their school uniform unless the gymnasium has been cleaned up and all the equipment has been put back in its original location. Students will be given time to change and or shower at the end of the period. All students **must** be in full school uniform before leaving and must **not** leave or enter through the back door.

SAFETY:

- The gym, equipment rooms, office are out of bounds unless permission has been granted.
- Street shoes must not be worn in the gym/weight room.
- No gum chewing, eating or drinking is allowed in the **CHANGEROOM/WEIGHT ROOM OR GYMNASIUM.**
- During demonstrations and the explanation of rules of an activity, all students will remain quiet and attentive.

ACCIDENTS:

Students will report **IMMEDIATELY** to the teacher:

1. Accidents to themselves or others no matter how minor.
2. Signs of defective or broken equipment.

VALUABLES:

All valuables should be left in your locker. Security of these articles is **not** the responsibility of the PHE Dept. No jewelry is to be worn during a physical education class.