

# Physical Education 3101 Course Outline 2011 -2012

Physical Education 3100 and 3101 are two separate non-prerequisite courses each with 55 – 60 hours of instruction time.

The focus of Physical Education 3100 is on:

- how movement experiences, activities, and games contribute to achieving and maintaining an active healthy lifestyle
- the development , understanding and appreciation of the health related components of fitness with a particular emphasis on muscular strength and muscular endurance
- creating games that encourage the participation of all students
- the development and use of tactics and strategies in games and activities
- the ability to assess risk and make decisions that minimize hazards to self and others
- providing students with the opportunity to lead/deliver an activity and critically reflect on performance

The aim of this course is for students to learn and develop movement skills that will permit and motivate them to participate regularly in lifelong physical activity.

The Physical Education 3100 curriculum is organized into five Movement themes:

- Fitness Pursuits and Activities
- Individual /Dual Games and Activities
- Innovative Games and Activities
- Alternate Activities and Settings
- Team / Group Games and Activities

Evaluation Outline for Physical Education 3101:

Moving and Doing: 50 - 60%

Understanding and Applying: 20 -25 %

Cooperation and Responsibility: 20 -25 %

Camilla Payne  
Physical Education Instructor

Gwen Byrne  
Physical Education Instructor