

Physical Education
2100 Course Outline
2011 -2012

Physical Education 2100 and 2101 are two separate non-prerequisite courses each with 60 hours of instruction time.

Physical Education 2100 and 2101 focuses on students developing an active lifestyle and cooperation and leadership skills through involvement in a wide variety of cooperative activities.

Physical Education 2100 will provide opportunities that:

- allow students to develop their physical literacy and movement competency in a variety of activities
- provide opportunities for teachers and students to work together in selecting activities in which the teacher and students participate
- challenge the high school learner to learn and engage in various exercises and activities that contribute to overall wellness and fitness
- contribute to the development, understanding and appreciation of the health – related components of fitness with a particular emphasis on cardiovascular fitness and flexibility
- encourage students to establish wellness/fitness levels; set and work towards personal goals
- engage students in activities that require cooperative skills and strategies
- encourage student to assume increasing level of personal responsibility for actions and choices

The Physical Education 2100 curriculum is organized into three Movement Categories; **two activity choices from each movement categories are mandatory:**

- Individual / Partner Games and Activities
- Games / Group Activities
- Alternative Activities

Evaluation Outline for Physical Education 2100:

Participation: 60 - 70 %

Health /Fitness: 20 - 25 %

Written Component: 5 - 15%

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