



Physical Education 11

Course Outline

Activating the Course:

You will be considered “active” in PE 11 once you have completed the startup fitness test. When you reach this threshold in the course, the remainder of the course will become available to you.

Course Overview:

PE 11 is designed to be completed over a 5-month period of time. Half of the grade will come from physical activity. Please make every effort to be active over the 5-month period.

Suggested Timelines:

In One Semester (5 months) – Double this for Two Semesters (10 months).

Course Materials

Any of the material required is provided on the website.

Assessment Information

Fitness test (20%)

Students will perform an initial fitness test to be activated in the course. They will conduct a pre and post fitness test.

Active living (10%)

Students will choose one of four assignments about active living.

Movement (50%)

Students will monitor their activity for 5 journals, one per month. Students will be asked to enhance their journals with pictures or short video clips of their activity. A coach’s signature is encouraged as well.

Personal Behavior and Safety (10%)

Students will look at ethical behavior and reflect on some of their own experiences. Students will also be asked to complete a First Aid course.

Leadership and Community (10%)

Students will volunteer for a minimum of 25 hours with a school or community organization focused on physical activity.

When Help is Needed:

Your teacher will be available Monday to Friday; if you are having trouble with anything, please contact your teacher right away. Full teacher contact information is listed in the online course. Your teacher will make every effort to respond quickly and may provide additional written/verbal instruction

Marty Floris mfloris@sd91.bc.ca

Expectations of Students

- Adhere to the EBUS Academic Integrity Policy
- Contact your teacher when help is needed
- Review feedback from assignments and quizzes
- Work to complete the course in a timely manner
- Communicate respectfully
- Review weekly progress reports

Reporting to Parents

There are 4 term report cards that can be viewed or downloaded from the student dashboard. A notice will go out when these report cards are available.

Every week that EBUS is in session, the teacher will send out weekly progress reports showing the student's progress throughout that week. These progress reports are emailed to parents.