



## Physical Education 12

### Course Outline

#### Activating the Course:

You will be considered “active” in PE 12 once you have completed the startup assignment. When you reach this threshold in the course, the remainder of the course will become available to you.

#### Course Overview:

PE 12 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 required material is provided on the website.

#### Assessment Information

##### **Active Living (20%)**

Students will perform a pre and post fitness test in the course. They will look around their community and locate facilities where one could be active.

##### **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 (20%)**

Students will volunteer for a minimum of 30 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

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### **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.