

**MISSISSAUGA SECONDARY SCHOOL**  
**COURSE OVERVIEW**

**DEPARTMENT: PHYSICAL EDUCATION**

**COURSE: GRADE 12 OUTDOOR EDUCATION**

**CODE: PLF 4CO**

**PREREQUISITE: PAD 300**

**CREDIT: 1**

**COURSE DESCRIPTION:**

This 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, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety.

**OVERALL EXPECTATIONS:**

- participate in a balanced instructional program that includes a variety of enjoyable physical activities that encourage lifelong participation
- demonstrate improvement in personal health-related physical fitness
- demonstrate safe practices regarding the safety of themselves and others

**EVALUATION:**

Assessment and evaluation in this course will be based on the provincial curriculum expectations. Students will be provided with numerous and varied opportunities to demonstrate the full extent of their achievement.

A final grade will be determined as follows:

- Term Work - 70%
- Final Evaluation/Examination - 30%

The exact breakdown of your term work will be provided by your subject teacher prior to the end of the first month of each semester.

**FORMAT OF EVALUATION:**

Evaluation throughout the course and the final evaluation will incorporate the four broad categories:

| <b>COMMUNICATION</b>  | <b>THINKING &amp; INQUIRY</b>   | <b>KNOWLEDGE &amp; UNDERSTANDING</b>  | <b>APPLICATION</b>  |
|---|---|---|---|
| <p><b>May include:</b><br/>Essay, portfolio, presentations, written and oral reports, performance assessment, labs, conferences, seminars, simulations, interviews, written response, note-taking</p> | <p><b>May include:</b><br/>Research notes, note-taking, performance assessment, projects, demonstrations, personal communication, simulations, observations, portfolios, debates, written/oral analysis</p> | <p><b>May include:</b><br/>Selected response, quizzes, tests, performance assessment, personal communication, observation, portfolios</p> | <p><b>May include:</b><br/>Labs, reports, simulations, debates, demonstrations, observations, real-life performance application</p> |

**LEARNING SKILLS EXPECTATIONS:**

The following learning skills will be assessed throughout the course and rated on the report card:

- independent works skills
- team work skills
- organizational skills
- work habits/homework
- initiative

These skills will not be included in the final numeric mark unless they are part of the provincial curriculum expectations for the course. However, it is important to remember that the development of these skills is critical to academic achievement and does have a direct bearing on the final mark.

**ADDITIONAL INFORMATION:**

- Attendance - regular attendance at school is very important for the student's learning and achievement of course expectations. Students are expected to follow the school policy regarding absence during an evaluation (in student agenda).
- Plagiarism - including electronic theft and misrepresentation of original work, cheating, theft of evaluation instruments, use of unauthorized aids and false representation of identity will result in appropriate consequences including a zero on the evaluation, suspension from school, loss of credit, or contact with the police.
- Equipment/Materials – Mississauga S. S. Phys. Ed. Uniform

**TO SUCCEED IN THIS COURSE EACH STUDENTS MUST:**

- Have proper phys. Ed. attire (Mississauga T-shirt \*, socks, running shoes)
- Attend daily \*\*
- Be punctual to class
- Actively participate and co-operate
- Complete assignments

\*Mississauga T-shirts to be purchased from the phys. Ed. Staff the first week of each semester

\*\*all absences require a morning phone call to the attendance office **OR** a note of explanation upon return

**Physical and Health Education Missed Evaluation Policy**

Students will be assigned a mark of **0**, when the student is **truant** or **purposefully avoids** or **cheats** on any evaluation.

When a student misses an evaluation due to circumstances beyond their control and these circumstances have been documented and discussed with the teacher, a mark of **1** will be assigned. The 1 can be adjusted if and when the student makes up the missed evaluation. The missed evaluation must be completed within the **“window of opportunity”** determined by the teacher. In the event that the student does not make up the evaluation, the mark of 1 will remain.

A missed evaluation, due to the student going on a vacation, is not deemed as a circumstance beyond their control. In these cases the student will receive a mark of **0**.

Date\_\_\_\_\_

Parent Signature\_\_\_\_\_

