

PE 10 FLEX COURSE OVERVIEW

INTRODUCTION:

The PE 10 FLEX program at WCS is a new opportunity for grade 10 students to have choice of activities to acquire their PE 10 credits. For this program students will choose from the activities scheduled with a minimum required to earn their PE 10 credits.

When students are not scheduled to be in PE class they will then be required to attend their options/CTS classes or take their spare to work on class work.

OUTCOMES:

Upon completion of activities a student will meet the General and Specific Outcomes.

General Outcomes (all to be self-evaluated by student upon completion of each activity)

Outcome A – Have basic to advanced skills for that activity.

Outcome B – Understand functional fitness, body image and well-being as related to this activity.

Outcome C – Promote communication, leadership and teamwork.

Outcome D – Understand and practice the concepts of effort, safety, goal-setting, personal challenge and active living in the community.

Specific Outcomes

1. For each activity students will complete specific outcomes related to that activity.

ASSESSMENT:

Work completed for activities will be assessed using a marking rubric similar to the example provided, unless otherwise communicated by WCS PE teacher.

EARNING UNITS AND CREDITS IN PE 10 FLEX:

WCS PE 10 FLEX offers an opportunity to receive 3, 4, or 5 credit courses. The credits are based on :

3 credit course = 25-34 units

4 credit course = 35-44 units

5 credit course = 45+ units

Each unit is approximately 6 hours of PE time. Therefore,

1-1.5 units = approx. 1-2 classes

3 units = approx. 4-5 classes

Essentially, 1 unit = 2 hrs

Three activities (dance, health 1 & weight room) are **required** for all grade 10 students to take in order to acquire their PE 10 credits and are identified with a * on the Activity Selection sheet.

Activities done by students range in number of hours offered. All activities require a self-assessment to be completed upon completion of the activity.

If students miss an on-campus class (1hr) for an excused absence there is no penalty, however if a student misses more than one class and chooses not to make it up in some way, then a reduction in units may result. Off-campus activities vary in length as students may be away from the building for over one class block and may last up to a full day. Obviously a missed class that lasts longer than one class block may result in a reduced number of units than originally available.

A self-evaluation must be completed once any activity is completed and before any units are issued. The self-evaluation is given out on the last day of activity or picked up in the WCS PE office. It is the student's responsibility to ensure the self-evaluation is completed.

TYPES OF ACTIVITIES:

1. On-campus
2. Off-campus
3. Alternate

REGISTERING FOR ACTIVITIES:

The first term all grade 10 PE FLEX students registered in that term will complete an Activity Selection form for the entire term. Students will rate their preferences and determine if they are looking to complete the 3, 4 or 5 credit course. Students will then be placed into the activities they have chosen (most activities will have a maximum number of students). If there is no room in a particular activity students will be given their next choice.

1. ON-CAMPUS ACTIVITIES:

Most on-campus activities only require students to sign up for an activity, however if an instructor is brought in there may be a cost associated with that activity.

2. OFF-CAMPUS ACTIVITIES:

For off-campus activities consent forms requiring parent authorization need to be picked up in the PE office and returned with a cheque as soon as possible to reserve a spot in that activity. Please note that all classes will have limited space available, therefore early sign-up and/or parent permission forms must be done ASAP, in order to secure your spot. All off-campus activities will have an information session the week prior to establish meeting times, departure time, etc.

The schedule for all activities will be on the bulletin board outside the fitness room as well as the students who are signed up for each activity.

3. ALTERNATE ACTIVITIES:

There are many different types of alternate activities that a student may participate in to acquire units towards their PE 10 credits. All activities under this category require you to complete a proposal prior to the activity commencing and an Activity Package, which you can get from the PE office.

A. OUTSIDE SPORT ACTIVITIES (club, community, provincial, national)

These activities are done outside of school hours. This includes sports, teams, clubs or individual sport activities, however they must be clubs/organization that have certified coaches/instructors. (ex. Hockey team, biathlon athlete, karate, etc.)

There is a limit on the number of units that can be earned from Outside Sport Activities which is a maximum of 8 units.

B. WCS SCHOOL SPORT TEAM

WCS can award units to students for being on a school sports team. This includes ALL interscholastic school sports offered here at WCS. Each sport is worth a designated number of units with a maximum of 8 units.

C. LEADERSHIP OPPORTUNITIES

Leadership opportunities can come in any of the following forms and can be used to gain a maximum of 4 units towards your PE 10 credit.

1. *Athletic Officiating* – in-school and out of school officiating at an athletic event.
2. *Sports Management* – this option involves working with an athletic team as the manager. Managers are given definite responsibilities, which must be met on a consistent basis. Students interested must check with the coach of a specific team.
3. *Coaching* – this involves being a head or assistant coach on an out of school team.
4. *Teacher's Aid* – this opportunity involves an active role in assisting a teacher/coach with a physical activity (ex. DPA with a specific class, or helping a PE teacher with administrative tasks)
5. *Other* – there are many activities which may fall in this category. It is up to the student to make their proposal to the WCS PE department.

D. HEALTH ASSIGNMENT

There are 2 levels of Health that you can complete in PE 10 FLEX. All students must complete level 1. If you choose to complete level 2 you are to get the Level 2 Health Booklet and complete the assignment and return it to the WCS PE office to be marked. You can gain a maximum of 2 units towards your PE 10 credit.

E. OTHER

1. *Fitness Active* – this opportunity required you to create a fitness schedule and follow it for one month.
2. *Running* - this opportunity requires you to follow a training schedule and register in and run in one official race with a minimum of 5km.
3. *Weight room 2* - this opportunity requires you to create a strength schedule and follow it for one month.
4. *Other* - there are many activities which may fall in this category. It is up to the student to make their proposal to the WCS PE department.

Each “other” activity is worth 4 units with a maximum of 8 units.

FREQUENTLY ASKED QUESTIONS**Can I do an activity more than once?**

No, however you can move to the next level in the same activity if it is available.

What if I am sick and away from school? Will I be penalized in PE?

If it is an excused absence from a parent then no you will not be penalized. If you just miss a class your mark may be affected and depending on the length of the activity you may receive a reduced number of units for that activity.

What if I am injured in some way and cannot continue with the activity?

As this program is based on hours of activity, not being able to participate will affect the number of units you may receive.

What if I would like to change, add or delete an activity after I have already signed up?

You may add, change or delete your activities up to a week prior to that activity starting. You will only be able to enter an activity if there is room left in that class. If you are registered in a fieldtrip and would like to drop it, you will only be reimbursed for the cost if a replacement is found to take your place.

You must hand in a written add, change, delete from (which can be found in the PE office) to your PE teacher.

Can an activity be cancelled if there is not enough student interest?

Yes it is possible. If there is not enough interest to warrant that activity it may be modified or deleted from the Activity Selection and the people signed up in it will get to register in another activity.

What do I do when I am not in a PE module?

When you are not enrolled in a PE module you will attend your CTS or Art class.