TEACHER: Periods C/C2: Ms. Lainey Wilson

BIG IDEAS:
1) Physical activity is an important part of overall health and well-being.
2) Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity.
3) Safety and injury prevention practices allow lifelong participation in physical activities.

Active Living is accomplished by focusing on the following components of the curriculum:
- Health & Well Being
- Safety
- Participation
- Leadership

In addition to participation and learning through movement, Active Living is focuses on components of health that may have some written work and reflection activities. Because the written component of the class will be few and far between, the projects are required components of the course and MUST be handed in. (Class time will always be granted, however if additional time is required, if will be up to the student to complete outside of class time.)

Attached to this class outline and posted in the office window is the schedule of events for the semester. Please remember, there are times that activities can be changed last minute for unforeseen reasons.

Class expectations are the same, indifferent to who is teaching the class.

As outlined in the British Columbia Curriculum for Active Living 11/12, safety and etiquette are expected during class time. Including, but not limited to:
- following rules of games and activities
- demonstrating positive behaviours that show respect for individual abilities, interests, gender, and cultural backgrounds
- demonstrating self-respect and self-confidence
- demonstrating fair play and showing respect for other players/participants/referees
Assessment:

1) Weekly assessment will be completed based on a rubric that focuses on readiness to participate, effort, movement competence, fair play and activity etiquette, respect and support for others, and initiative. See attached rubric. (80% of your unit mark.)

2) Written assignments (in forms of research, exit slips, quizzes with regard to rules/game strategy, class presentations, etc.) (20% of your unit mark.)

STUDENT EXPECTATIONS

Being Responsible
- Willing to participate in all activities
- Advise the teacher of medical reason for being unable to participate (a doctor’s note may be required depending on circumstance)
- Accept consequences for no gym strip
- Assist with setup and takedown

Being Prepared
- Having appropriate gym strip for the activity and weather conditions
- Follow schedule of activities. They are posted in change rooms
- Leave ALL valuables in hall locker, the gym office with not be responsible for valuables

Being Respectful
- Keep change rooms clean and respect belongings of others
- Take care of facilities outside of DTSS when participating there
- Listening while instructions are being given

Being Punctual
- On time for activity (at site of activity 5 minutes after second bell)
- Return back to class on time after using a facility outside of DTSS

Daily Class Schedule:
1) Equipment set-up.
2) Teacher and/or student led warm up.
3) Game/Topic introduction/continued learning (skills, strategy, technique tips, tournament set up, terminology)
4) Skill practice.
5) Play time.
6) Equipment take-down.

Additionally:
- Music during play time is not a student right. Loud music creates a safety concern. Music will be played when deemed appropriate by the supervising teacher.
- The equipment room will not be open prior to class time.