

**Eastern School District**  
**COURSE DESCRIPTOR**  
**September 2006**

**Subject Area: Physical Education**

**Course: Physical Education 3100**

**Level of Instruction: Senior High**

**Authorized Learning Resources:**

- Curriculum Guide/Course Description
- Leadership Booklet (previously supplied, out of print)
- Level 1 Coaching Manual (previously supplied, out of print)
- Physical Education and Sport for the Secondary School Student (class set) (previously supplied, out of print)
- Sports Skills: A Conceptual Approach to Meaningful Movement (previously supplied, out of print)

**Curriculum Overview:**

*Physical Education 3100:* This course introduces students to a variety of recreational activities that may be enjoyed throughout adult life. Students continue to develop some of the skills acquired in previous courses.

**Evaluation Components:**

<b>Participation</b>	<b>70%</b>
<b>Health/Fitness</b>	<b>20%</b>
<b>Written</b>	<b>10%</b>

To assist with a clearer understanding of the **Health/Fitness** component the following guidelines are provided.

***Health/Fitness*** **20%**

Fitness is something that weaves throughout all activities. An actual fitness unit or series of classes could also form the basis of this component of the evaluation.

**Criteria for evaluation include:**

- Participation and engagement in a variety of fitness pursuits
- Use of various components of physical fitness to form the basis of evaluation
- Self evaluating and setting of personal fitness goals
- Working towards maintaining and/or improving personal fitness
- Cooperation and interaction with classmates and teacher

- Incorporating various fitness appraisals, goal-setting exercises, journals and activity logging.

Fitness appraisals, if chosen as an activity in the curriculum, should be done so with the utmost care and sensitivity. The intent of participation in appraisals should be the educational value of these activities.

- **If a student chooses to participate in fitness appraisals, how well a student scores is NOT to be used to provide actual marks/grades for that student.**
- **If a grade is to be awarded it is to be based solely on a student's active participation in fitness appraisal activities.**