

Appendix A

Course Description and Sample Evaluation

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Guiding Principles

A student's evaluation reflects the extent to which curricular outcomes have been attained, and it is based on active engagement in various activities/experiences. The evaluation is personal and specific to the individual allowing the student an opportunity for personal success in P.E.

Sample Evaluation Breakdown

All three domains are evaluated through participation in activities, games, and various movement experiences, either individually or with fellow students.

<i>Moving and Doing</i>	<i>50% (25% dedicated to health/fitness)</i>
<ul style="list-style-type: none"> Moving and Doing curriculum outcomes form the psychomotor elements of a student's evaluation. It is the actual active engagement in activities that is the main determinant of a student's success and the focus of this evaluative criterion. Fitness is demonstrated throughout all activities. Criteria include: student's demonstration of personal fitness, participation in a variety of "Fitness Pursuits," personal goal setting, and understanding of fitness components. Fitness appraisals may be chosen to fulfill the fitness requirements of the curriculum. <ul style="list-style-type: none"> - Fitness appraisals should be done with the utmost care and sensitivity. - The level of fitness (or score) students have achieved or gained in any particular fitness appraisal is not the determining factor or criteria for their overall evaluation. 	
<i>Understanding and Applying</i>	<i>25%</i>
<ul style="list-style-type: none"> Understanding and Applying curriculum outcomes form the cognitive elements of a student's evaluation. It is the knowledge acquired and applied through movement in a variety of activities, games, and pursuits that are the focus of this evaluative criterion.. 	
<i>Cooperation and Responsibility</i>	<i>25%</i>
<ul style="list-style-type: none"> Cooperation and responsibility curriculum outcomes form the affective elements of a student's evaluation. It is the personal and social behaviours demonstrated by students during activities that are the focus of this evaluative criterion. 	

Sample Movement Themes and Requirements 3100

Movement Theme	Activities from each theme. Teachers should choose:	Approximate # of Classes
Fitness Pursuits	<ul style="list-style-type: none"> Cardiovascular Activities Flexibility Activities Other Selections <p><u>Note:</u> Teachers and students should collaborate to provide a variety of activity choices.</p>	~ 6 one hour classes ~ 6 one hour classes ~ 6 one hour classes The total number of minutes not to exceed 1100.
Innovative Games and Activities	<ul style="list-style-type: none"> Target Games Other Selections <p><u>Note:</u> Teachers and students should collaborate to provide a variety of activity choices.</p>	~ 6 one hour classes ~ 12 one hour classes The total number of minutes not to exceed 1100.
Team/Group Games and Activities	<ul style="list-style-type: none"> 1 Leadership and Cooperative Activity Other Selections <p><u>Note:</u> Teachers and students should collaborate to provide a variety of activity choices.</p>	~ 6 one hour classes ~ 12 one hour classes The total number of minutes not to exceed 1100.

Sample Movement Themes and Requirements 3101

Movement Theme	Activities from each theme. Teachers should choose:	Approximate # of Classes
Fitness Pursuits	<ul style="list-style-type: none"> • Muscular Fitness/Strength/Endurance • Outdoor/Alternative Activities • Other Selections <u>Note:</u> Teachers and students should collaborate to provide a variety of activity choices.	~ 6 one hour classes ~ 6 one hour classes ~ 6 one hour classes The total number of minutes not to exceed 1100.
Innovative Games and Activities	<ul style="list-style-type: none"> • Rhythmic Activities • Other Selections <u>Note:</u> Teachers and students should collaborate to provide a variety of activity choices.	~ 6 one hour classes ~ 12 one hour classes The total number of minutes not to exceed 1100.
Team/Group Games and Activities	<ul style="list-style-type: none"> • Outdoor Adventure • Other Selections <u>Note:</u> Teachers and students should collaborate to provide a variety of activity choices.	~ 6 one hour classes ~ 12 one hour classes The total number of minutes not to exceed 1100.

