

Course Outline: Individual & Small Group Fitness

Teacher: Lee-Anne Corrigan

Credit Value: 0.5

Course Code: PAI4O6

Prerequisite: N/A

Course Description:

This course enables students to further develop the knowledge and skills they need to make healthy choices. It places special emphasis on how students can maintain the habits of healthy, active living throughout their lives as they make the transition to adulthood and independent living. Through participation in a wide range of physical activities in a variety of settings, students can enhance their movement competence, personal fitness, and confidence. Students also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well-being is affected by, and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively.

Curriculum Strands:	Units of Study:
Living Skills	Taught and applied on a daily basis
Active Living	Daily vigorous fitness
Movement Competence: Skills, Concepts & Strategies	Taught and applied daily
Healthy Living	Concepts discussed formally once and week and applied throughout the course

Assessment & Evaluation:

Term Work:	70%	Final Summative:	30%
Active Living: Skills and Reflection	= 15%	Summative Project: Practical Component	=15%
Active Living: Daily Fitness Application	= 30%	Summative Project: Written Component	=15%
Movement Competence	= 10%		
Health Topics	= 15%		

Within each Curriculum Strand, the following Achievement Chart Categories will be used for individual evaluations:

Knowledge/Understanding, Thinking/Inquiry, Communication, Application

Learning Skills and Work Habits: The following Learning Skills and Work Habits are evaluated regularly using a scale of Excellent, Good, Satisfactory or Needs Improvement:

- Responsibility
- Organization
- Independent Work
- Collaboration
- Initiative
- Self-Regulation

Growing Success: Students will be assessed through a combination of conversation, observation, and product. Success criteria, exemplars and ongoing descriptive feedback will be used to support student learning. Assessment will be varied in nature, and administered over a period of time to provide multiple opportunities for students to

demonstrate the full range of their learning. The final grade should reflect the student's most consistent level of achievement, with special consideration given to more recent evidence. (*Growing Success, 2010*)

Teaching Strategies: A variety of teaching and learning strategies will be incorporated throughout the course.