

Course Descriptor Physical Education 2100/2101 – Updated September 2011

Physical Education 2100/2101 is an activity-based course designed to provide a variety of movement experiences that contribute to motor skill development and focus on an active healthy lifestyle.

Students will:

- Develop movement skills that contribute to personal wellness and an active lifestyle.
- Use the *Active for Life* student resource to complement work in the gym/outdoors.
- Participate in a variety of activities while working with the teacher to select the activities.
- Develop physical literacy and movement competency in a variety of activities

Some of the key components of Physical Education 2100/2101 that will appeal to students are:

- The variety of rhythmic, teambuilding and cooperative activities.
- The emphasis on fitness development.
- Student input into the selection of activities.

The Physical Education 2100/2101 activity-based course incorporates the three dimensions of movement:

1. Moving and Doing (Psychomotor)
2. Understanding and Applying (Cognitive)
3. Cooperation and Responsibility (Affective)

The PE 2100/2101 curriculum is organized into the following **three Movement Categories**:

1. Individual/Partner Games and Activities
2. Games/Group Activities
3. Alternative Activities

Two activity choices from each of the movement categories are mandatory. Additional activities can be chosen from the list only after the minimum requirements are met (6 choices in total). This provides an opportunity for teachers and students to develop a program unique to their class. It is through guided participation in the activities that students will meet the curricular outcomes.

Teachers and students should note that required activity selections differ between the two courses.

Physical Education 2100 Activity Selections

Movement Physical Education Category	Number of Activities from Each Category	Minimum Number of Classes/Time per Activity Choice	Maximum Number of Classes/Time per Activity Choice
Individual/Partner Games and Activities	Fitness + 1 other selection	5 per selection (275 minutes)	8 per selection (440 minutes)
Games/Group Activities	Team Building + 1 other selection	5 per selection (275 minutes)	8 per selection (440 minutes)
Alternative Activities	Rhythmic + 1 other selection	5 per selection (275 minutes)	8 per selection (440 minutes)
Other Choices	<u>From any category</u> <u>From any category</u>	5 per selection (275 minutes)	8 per selection (440 minutes)

Physical Education 2101 Activity Selections

Movement Physical Education Category	Number of Activities from Each Category	Minimum Number of Classes/Time per Activity Choice	Maximum Number of Classes/Time per Activity Choice
Individual/Partner Games and Activities	Fitness + 1 other selection	5 per selection (275 minutes)	8 per selection (440 minutes)
Games/Group Activities	Cooperative Games + 1 other selection	5 per selection (275 minutes)	8 per selection (440 minutes)
Alternative Activities	Any two selections from alternative	5 per selection (275 minutes)	8 per selection (440 minutes)
Other Choices	<u>From any category</u> <u>From any category</u>	5 per selection (275 minutes)	8 per selection (440 minutes)

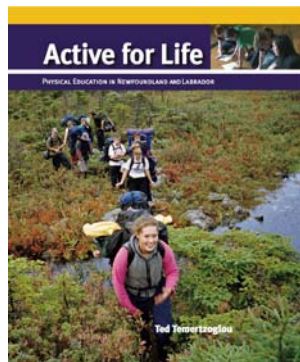
PE 2100/2101 Themes and Activity List

Below is a list of activities selected by your teacher. Not all of the activities will be offered as it will depend on the facilities or equipment available for use.

Individual/Partner Games and Activities	Alternative Activities	Games/Group Activities
Fitness <input type="checkbox"/> Aerobics <input type="checkbox"/> Agility Ladders <input type="checkbox"/> Body-weight Exercises <input type="checkbox"/> BOSU Balls <input type="checkbox"/> Calisthenics <input type="checkbox"/> CPR <input type="checkbox"/> Circuit Training <input type="checkbox"/> Cycling <input type="checkbox"/> Jogging <input type="checkbox"/> Pilates <input type="checkbox"/> Skipping <input type="checkbox"/> Strength/Resistance Training <input type="checkbox"/> Exercise Ball Training <input type="checkbox"/> Tae Bo <input type="checkbox"/> Tai Chi <input type="checkbox"/> Yoga Athletics (Track & Field) <input type="checkbox"/> Runs (sprints, mid and long distance) <input type="checkbox"/> Jumps (high, long, hurdles) <input type="checkbox"/> Throws (shot put, discus) <input type="checkbox"/> Judo <input type="checkbox"/> Martial Arts <input type="checkbox"/> Self-defense <input type="checkbox"/> Wrestling <input type="checkbox"/> Olympic <input type="checkbox"/> Rhythmic Net and Wall <input type="checkbox"/> Badminton <input type="checkbox"/> Handball/Racquetball/Squash <input type="checkbox"/> Paddle Tennis/Table Tennis <input type="checkbox"/> Tennis <input type="checkbox"/> Pickleball <input type="checkbox"/> Golf <input type="checkbox"/> Hacky Sack™ <input type="checkbox"/> Juggling <input type="checkbox"/> Skipping	Innovative Activities <input type="checkbox"/> Aerobics <input type="checkbox"/> Cheerleading <input type="checkbox"/> Skipping rope <input type="checkbox"/> Ballroom Dance <input type="checkbox"/> Creative Dance <input type="checkbox"/> Folk Dance <input type="checkbox"/> Jazz Dance <input type="checkbox"/> Jive Dance <input type="checkbox"/> Line Dance <input type="checkbox"/> Modern Dance <input type="checkbox"/> Multicultural Dance <input type="checkbox"/> Newfoundland and Labrador Social Dance <input type="checkbox"/> Square Dance Outdoor/Adventure <input type="checkbox"/> Backpacking <input type="checkbox"/> Camping <input type="checkbox"/> Hiking <input type="checkbox"/> Map & Compass/Orienteering <input type="checkbox"/> Rock Climbing <input type="checkbox"/> Canoeing <input type="checkbox"/> Kayaking <input type="checkbox"/> Snowshoeing <input type="checkbox"/> Survival Techniques <input type="checkbox"/> Cross Country Running <input type="checkbox"/> In-line Skating/Rollerblading <input type="checkbox"/> Mountain Biking <input type="checkbox"/> Rowing <input type="checkbox"/> Skateboarding <input type="checkbox"/> Skiing <input type="checkbox"/> Sliding/Tobogganing <input type="checkbox"/> Snowboarding <input type="checkbox"/> Skating <input type="checkbox"/> Water Games/Swimming <input type="checkbox"/> Sepak Takraw <input type="checkbox"/> Tchoukball <input type="checkbox"/> Archery <input type="checkbox"/> Curling	Leadership and Cooperative Activities <input type="checkbox"/> Adventure Games <input type="checkbox"/> Cooperative Games <input type="checkbox"/> Initiative Problems <input type="checkbox"/> Lead-up <input type="checkbox"/> Risk taking <input type="checkbox"/> Team Building/Challenges <input type="checkbox"/> Multicultural Games/Activities Fielding <input type="checkbox"/> Cricket <input type="checkbox"/> Baseball <input type="checkbox"/> Softball <input type="checkbox"/> Rounders Target Games <input type="checkbox"/> Bocce <input type="checkbox"/> Bowling <input type="checkbox"/> Croquet Net and Wall <input type="checkbox"/> Volleyball <input type="checkbox"/> Eclipse Ball Territorial <input type="checkbox"/> Soccer <input type="checkbox"/> Broomball <input type="checkbox"/> Ultimate Frisbee <input type="checkbox"/> Rugby <input type="checkbox"/> Touch/Flag Football <input type="checkbox"/> Basketball <input type="checkbox"/> Field/Floor Hockey <input type="checkbox"/> Ice Hockey <input type="checkbox"/> Lacrosse <input type="checkbox"/> Netball <input type="checkbox"/> Ringette <input type="checkbox"/> Team Handball

Note: To teach an activity not on this list, district approval is required.

Authorized Text



***Active for Life: Physical Education in Newfoundland and Labrador* by Ted Temertzoglou**

Thompson Educational Publishing, Inc.

ISBN 978-1-55077-176-3

Other Recommended Resources

- Fitness for Life 5th edition* by Corbin & Lindsey ISBN: 0-7360-4673-9
GameSkills: A Fun Approach to Learning Sport Skills by Hanrahan ISBN: 0736002030
Multicultural Folk Dance Treasure Chest, Volumes 1 & 2 by Lane. ISBN: 0880119608
More Team Building Challenges by Glover & Midura ISBN: 0873227859
Quality Lesson Plans for Secondary Physical Education
by Zakrajsek, Carnes, & Pettigres, F. ISBN: 0-7360-4485-X
Multi-cultural Approach to Physical Education by Clements ISBN: 0736038825
Sport Progressions by Clumpner ISBN: 0-7360-3385-8
Outdoor Education by Gilbertson, Bates, McLaughlin and Ewert ISBN: 0-7360-4709-3
Fieldbook for Canadian Scouting ISBN: 1-894187-00-8
The Complete Juggler by Finnigan ISBN: 0-9615521-0-7
Allen and Mike's Really Cool Backpackin' Book by O'Baqnnon ISBN: 1-56044-912-8
Complete Physical Education Plans For Grades 7-12 by Kleinman ISBN: 0-7360-3248-7
Junkyard Sports by DeKoven ISBN: 0-7360-5207-0
Jump 2b Fit by Kalbfleisch ISBN: 0-9692891-5-4
Rhythmic Activities and Dance by Bennett and Riemer ISBN: 0-7360-5148-1
Essentials of Team Building by Midura and Glover ISBN: 0-7360-5088-4
Co-Ed Recreational Games by Byl ISBN: 0-7360-3455-2
Quicksilver by Rohnke and Butler ISBN: 0-7872-2103-1
Activities that Teach (one of a series of books) by Jackson ISBN: 0-9664633-1-5
It's Not Just Gym Anymore by McCracken ISBN: 0-7360-0127-1
More Team-Building Activities by Jones ISBN: 0-9662341-7-0
Teaching Orienteering 2nd Ed. By Mcneil, Wright, and Renfrew ISBN: 0-88011-804-0
Adapted Games and Activities by Rouse ISBN: 0736054324
The Great Body Ball Handbook by Jespersen and Potvin ISBN: 0-9696773-5-9
The Great Yoga Handbook by Stuart ISBN: 0-9731262-2-1
The Great Stretch Tubing Handbook by Jespersen and Potvin ISBN: 0-9696773-6-7
Abdominals Exercises by Croistere, R.
Swiss Ball Exercises by Croistere, R.
Fitness for Life Physical Activity Pyramid for Teens Poster by Corbin & Lindsey
Sepak Takraw: Just For Kicks Video

Assessment and Evaluation

Students in this course will be assessed and evaluated using the Eastern School District Physical Education Assessment Tool and the Grade 7 - Level III Guiding Principles.

Assessment and Evaluation in this course is governed by the *Assessment and Evaluation Policy* of the Eastern School District. This policy is located at http://www.esdnl.ca/about/policies/esd/l_IL.pdf. The regulations are located at <http://www.esdnl.ca/aboutesd/policies/regulations.jsp?cat=l&code=IL>