

**REDEEMER CHRISTIAN HIGH SCHOOL**  
**HEALTHY ACTIVE LIVING EDUCATION Grade 11 - OPEN**  
 Mr. Laliberté - September 2019

God's Word teaches that our body is the temple of the Holy Spirit ( *1 Corinthians 6:19, 20*) and in other passages (e.g. *Deut 6,*) we are told to love God with our whole body, as well as mind and soul. Our response to this should try to keep our bodies healthy as we strive towards the ultimate goal of serving God and others.

This course has a focus on fitness and the development of a personalized approach to healthy active living. You will also participate in a variety of sports and recreational activities. In addition, we will explore how the gift of a healthy body, mind and soul should be reflected back to God with thanksgiving, done through action as well as by word.



I find sports really relaxes me!

**Approx. Schedule**

September - October  
 November - January  
 January  
 Throughout the Semester

**Units**

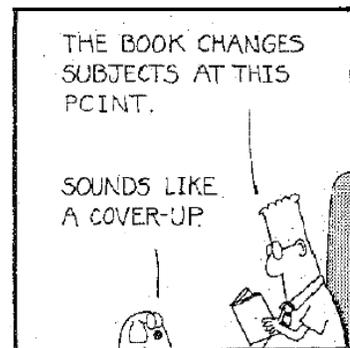
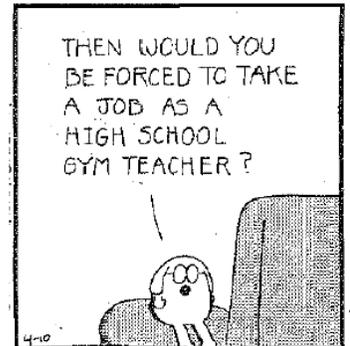
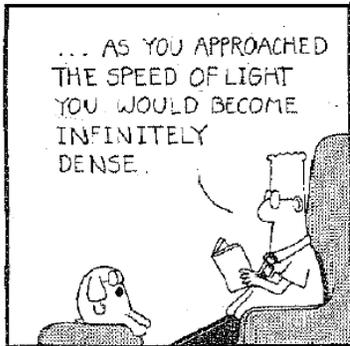
Soccer / Volleyball / In Class Health  
 Basketball / Badminton / In Class Health  
 Written and Fitness Summatives  
 Fitness/Leadership

**Assessment of Learning**

- |                                                                    |                                |
|--------------------------------------------------------------------|--------------------------------|
| 1. <b>Participation/Effort/ /Attitude</b> (10/20/15)               | <b>45 %</b> (A – Observ./Conv) |
| 2. <b>Assignments/Quizzes</b><br>(Healthy Reflections; Leadership) | <b>20 %</b> (K/C/T - Products) |
| 3. <b>Skill</b> (Movement Phases)                                  | <b>5 %</b> (A – Observ./Conv)  |
| 4. <b>Final Summative Evaluation</b>                               | <b>30 %</b>                    |
| a) Fitness Test – Best Score (5, 4, 3)                             | (12 %) (A - Observations)      |
| b) Fitness Test – Average Score                                    | ( 5 %) (A - Observations)      |
| c) Journaling                                                      | ( 3 %) (A - Conversations)     |
| d) Final CPT (Course Summary)                                      | (10 %) (K/T - Product)         |



## Gym Expectations:



You are given 5 min. to change and enter the gym once the bell announces start of regular class. Do not leave valuables in the change room.

The proper gym uniform (RCHS t-shirt, dark shorts or sweat pants, sports socks, non-marking athletic shoes) must be worn each day unless I give permission for special circumstances.

*If you do not have the full appropriate gym uniform I make of note of it; the accumulation of this problem will affect your active participation mark.*

Never help yourself to equipment in the equipment room unless instructed to do so.

Students are expected to help with equipment set up and removal; to be positive and be helpful towards others. *This primarily affects your attitude mark.*

Approx. 5 min. before the bell, the teacher will allow students to go change. Clean up is expected to be done before dismissal. If students are changed before the bell rings they must stay **quietly** by the gym.

## Classroom Expectations:

You must always bring your PE binder to class. You must be seated at your desk before the bell rings.

If you are arriving late or returning to class (e.g. from an appointment) enter quietly and quickly return to your seat without engaging with other students. Do not interrupt the lesson; do not walk between the teacher and the class.

If a student is arriving or returning to class do not attempt to communicate with the student and risk interrupting the class.

When the bell rings **quietly** stay seated until your **teacher** dismisses you.

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**"Sweat is nature's way of showing you that your muscles are crying!"**