

# Westmount High School

## STANDARDS & PROCEDURES WORKSHEET

<b>Subject:</b>	<b>Leadership Community Action</b>
<b>Teacher:</b>	<b>Mr. Kosow</b>
<b>School Year:</b>	<b>2016-2017</b>

<b>Term 1 (20%)</b>		
<b>Competencies Targeted</b>	<b>Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects)</b>	<b>General Timeline (e.g., end of term, midterm, etc.)</b>
<p><b>Competency 1</b> <b>Performs and develops effective leadership skills</b></p> <p><b>Competency 2</b> <b>Integrates leadership skills into a community set</b></p> <p>Individual or team strategy (theory and performance) Fair play</p>	<p>May include standardised tests such as: Beep Test Cooper Test Strength Endurance Tests Flexibility Tests</p> <p>May include different individual sports, team sports and low cooperation activities such as: Aerobics/Circuit Training Team Games Running (intervals, relays)</p> <p>May include homework such as: Goal Setting Fitness Journal How Can I Improve?</p>	<p>The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. Therefore, it is mandatory for each student to come prepared with their proper physical education uniform to each class.</p>
<b>Communication to Students and Parents (e.g., note home, website, agenda, report cards)</b>	<b>Other Pertinent Information</b>	<b>Materials Required</b>
<p>Website Progress reports Report cards Emails Student Agendas Phone Calls</p>	<p>Health &amp; Wellness Safety Rules Game Rules Improving the Quality of Exercise Recovery Effects of Exercise (ex. body weight, psychological well-being etc.) Body's Response to Exercises (ex. short term and long term) Improved Muscle Mass, Tone, Posture and Flexibility Improved Coordination and Efficiency Improved Cardiovascular Endurance Needs Depending on Exercise Intensity (ex. hydration, food choices to support exercise routine)</p>	<p>Purple WHS Physical Education T-Shirt  Red WHS Leadership T-Shirt  Black WHS Physical Education Shorts or Track Pants  Running Shoes with Proper Support and that tighten (ex. laces)  Socks (no tights or socks higher than the knee are permitted to be worn)  Water Bottle (reusable)</p>

<b>Term 2 (20%)</b>		
<b>Competencies Targeted</b>	<b>Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects)</b>	<b>General Timeline (e.g., end of term, midterm, etc.)</b>
<p><b>Competency 1</b>  <b>Performs and develops effective leadership skills</b>  Performance of effective movement skills</p> <p><b>Competency 2</b>  <b>Integrates leadership skills into a community set</b></p> <p>Individual or team strategy (theory and performance)  Fair play</p>	<p>May include standardised tests such as:  Beep Test  Cooper Test  Strength Endurance Tests  Flexibility Tests</p> <p>May include different individual sports, team sports and low cooperation activities such as:  Aerobics/Circuit Training  Team Games</p> <p><b>May include presentations such as:</b>  <b>Aerobics/Circuit training</b>  <b>Cool Downs</b>  <b>Low Cooperation Games</b>  <b>Stretches</b>  <b>Warm ups</b></p> <p>May include written tests such as:  Rules and Regulations of a Game, Sport or Activity</p> <p>May include strategy evaluation such as:  Practice  Written</p> <p>May include homework such as:  Goal Setting  Nutrition Journal  How Can I Improve?</p>	<p>The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. Therefore, it is mandatory for each student to come prepared with their proper physical education uniform to each class.</p>
<p><b>Communication to Students and Parents (e.g., note home, website, agenda, report cards)</b></p>	<p><b>Other Pertinent Information</b></p>	<p><b>Materials Required</b></p>
<p>Website  Progress reports  Report cards  Emails  Student Agendas  Phone Calls</p>	<p>Health &amp; Wellness  Safety Rules  Game Rules  The body and its parts in relation to an object or an area  Technical elements of the action-related activities  Body's Response to Exercises (ex. short term and long term)  Improved Muscle Mass, Tone, Posture and Flexibility  Improved Coordination and Efficiency  Improved Cardiovascular Endurance  Needs Depending on Exercise Intensity (ex. hydration, food choices to support exercise routine)</p>	<p>Purple WHS Physical Education T-Shirt</p> <p>Red WHS Leadership T-Shirt</p> <p>Black WHS Physical Education Shorts or Track Pants</p> <p>Running Shoes with Proper Support and that tighten (ex. laces)</p> <p>Socks (no tights or socks higher than the knee are permitted to be worn)</p> <p>Water Bottle (reusable)</p> <p>Individual Required Medication (ex. asthma inhaler, knee brace, etc)</p>

<b>Term 3 (60%)</b>		
<i>Competencies Targeted</i>	<i>Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects)</i>	<i>General Timeline (e.g., end of term, midterm, etc.)</i>
<p><b>Competency 1</b> <b>Performs and develops effective leadership skills</b></p> <p>Movement skills (how, when and why) Performance of effective movement skills</p> <p><b>Competency 2</b> <b>Integrates leadership skills into a community set</b></p> <p>Individual or team strategy (theory and performance) Fair play</p>	<p>May include standardised tests such as: Beep Test Cooper Test Strength Endurance Tests Flexibility Tests</p> <p>May include different individual sports, team sports and low cooperation activities such as: Aerobics/Circuit Training Team Games</p> <p>May include presentations such as: Aerobics/Circuit training Cool Downs Low Cooperation Games Stretches Warm ups</p> <p>May include written tests such as: Rules and Regulations of a Game, Sport or Activity</p> <p>May include strategy evaluation such as: Practice Written</p> <p>May include homework such as: Leadership Assignment First Aid Practice &amp; Test Preparations</p>	<p>The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. Therefore, it is mandatory for each student to come prepared with their proper physical education uniform to each class.</p>
<b>Communication to Students and Parents (e.g., note home, website, agenda, report cards)</b>	<b>End of Year Evaluation (e.g., complementary exam, uniform exam, etc.)</b>	<b>Other Pertinent Information</b>
<p>Website Progress reports Report cards Emails Student Agendas Phone Calls</p>	<p>Final Fitness Evaluation and Year End Reflections</p>	<p>Effects on their Physical and Psychological Well-being Types of Stress and Daily Impact Side Effects in the Short and Long term on Various Systems (cardiovascular, pulmonary, muscular etc.) Effects on the Psychological State Effects on Lifestyle Effects on Physical Capacity</p>