

Read this course outline before starting your course

Course Overview

This course consists of 20 weeks of Physical Activity.

You will complete:

- Activity Profiles
- Activity Organizer
- Activity Report
- Fitness Evaluation Record (3 times)

Course Evaluation

- | | |
|-------------------------------|--------|
| 1. Activity Profile | = 5 % |
| 2. Activity Reports | = 50 % |
| - Activities 30% | |
| - Hours 20% | |
| - Self-Evaluation 10% | |
| 3. Fitness Evaluations | = 30 % |
| 4. Think & Knowing Activities | = 15% |

Materials Required for the Course

P.E. Course Package

Shipping Envelopes

Marking/Comment Sheets

An email account if you have Internet access (makes communication much easier)

Important ** Important **Important

1. Email is one of the best ways **to communicate with your teacher**. If leaving a message by phone, be sure to leave a clear message with your name and phone number.
2. **Report Cards** are sent out regularly during the semester.
3. If you **change your address, phone, or email address** contact your teacher right away or communication will be broken.
4. **Updates, Errors, and Omissions** - Periodically updates are required or errors are corrected. If this occurs you will receive notice. If you find a mistake that has not been identified, help others by reporting it to your teacher.
5. **Assignments** - If an assignment is lost in transit or goes missing, students are required to resubmit the "lost assignment" for marking. It is therefore a good idea ensure that your assignment is correctly labeled and all paperwork is completely filled out before submitting.

6. **Academic Probation and Withdrawal** - Students must be actively working on their courses on a regular basis. Lack of regular activity results in a student being placed on Academic Probation. Continued lack of activity then results in withdrawal from the course. Contact you teacher if you are getting behind. It is your responsibility to communicate your circumstances to your teacher.
7. **Course Expiry** - You have until the end of the semester (January or June) from the start of your course before your course expires without extension. Upon expiry, all work not done receives a mark of zero and a final grade is calculated. **All work must be handed in and marked before the end of the semester!!!**
8. Contact your teacher if you will not be working on your course for a period of time. You are responsible for keeping your teacher informed of your work on your course.
9. **Suggested Completion Schedule**

You are to submit a paper every two weeks. A Full schedule is shown on page 1 -11 of your course material. Plot each Send-in out on a calendar. This visual reminder will help you to stay on a steady timeline and ensure that all is completed by end of term.

Do not save papers up and submit a bundle. Submit papers as you complete them.

Enjoy your course.