

MIDDLEFIELD COLLEGIATE INSTITUTE

HEALTH AND PHYSICAL EDUCATION DEPARTMENT

Course Name: **TEACHING GAMES THROUGH UNDERSTANDING: RACQUET SPORTS**
Course Code: **PAI301/PAI401 (COED)**
Teacher: V. Nguyen

This course will provide students the opportunity to experience various activities that use racquets/paddles. Students will be able to further develop the knowledge and skills they need to make healthy choices now and lead healthy, active lives in the future. They will develop an appreciation for racquet sports and demonstrate competence in the following activities: table tennis, badminton, tennis, Pickle ball, squash and racquet ball. Through participation in a wide variety of activities related to racquet sports, student will enhance their movement competence, personal fitness, and confidence. Game play will stress proper stroke mechanics, court etiquette, and allow each student to demonstrate a functional knowledge of rules, regulations, safety procedures, strategies & tactics, and skills of the sport.

Strands:

The expectations in Health and Physical Education courses are organized into three distinct but related strands: Active living, Movement Competence, Healthy living. Living skills will be embedded throughout this course.

Active living focuses on developing the skills and knowledge needed to participate regularly and safely in physical activity, while enjoying being physically active and learning how to develop and enhance their own personal fitness. As students participate in a wide range of activities, students also learn about the benefits of physical activity for mental health. Learning through physical activity helps to enhance students' physical literacy. Students will participate in some of the following activities:

Tennis

Badminton

Pickle Ball

Table Tennis

Squash

Movement Competence helps students develop movement competence needed to participate in physical activities through the development of movement skills and the related application of movement concepts and movement strategies. As students develop their confidence and competence, they will be developing their physical literacy. Students will learn kinesthetically and have regular opportunities to develop and practice their personal movement skills.

Healthy living helps students develop an understanding of the factors that contribute to healthy development, a sense of personal responsibility for lifelong healthy, and a respect for their own health in relation to others and the world around them. Students will develop health literacy as they acquire the knowledge and skills they need to develop maintain, and enjoy healthy living as well as to solve problems, make decisions, and set goals that are directly related to their personal health and well-being.



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ASSESSMENT AND EVALUATION:

The primary purpose of assessment and evaluation is to improve student learning. The Achievement Chart for Health & Physical Education in the Ontario Curriculum, Grades 9 -12 Health & Physical Education, will guide all assessment and evaluation.

Course evaluation will be weighted as follows: The **final grade** will be determined as follows:

Application	40%	- 70% based on assignments for evaluation
Knowledge & Understanding	25%	throughout the course
Thinking	20%	- 30% based on culminating tasks administered
Communication	15%	at or near the end of the semester

Unit Assessment will comprise 70% of the overall grade. A summative course evaluation will make up the remaining 30% of the final grade.

The summative evaluation may include one, or a combination of the following:

- **Fitness Profile**
- **Fitness Testing**
- **Written Response Assignment**
- **Demonstration of Strategies & Tactics**
- **Interview**

Ministry Learning Expectations

Living Skills

1. demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade.

Active Living

- A1. participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of factors that can influence and support their participation in physical activity now and throughout their lives
- A2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living
- A3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.

Movement Competence

- B1. perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities
- B2. apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities.

Healthy Living

- C1. demonstrate an understanding of factors that contribute to healthy development
- C2. demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being
- C3. demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being.

Learning Skills: Ongoing assessment and communication of the following Learning Skills will take place throughout the semester.

Responsibility	Organization	Independent Work	Collaboration	Initiative	Self-regulation
(completes /submit class work, home-work in agreed timelines)	(establishes priorities, manages time, completes tasks)	(uses class time appropriately, follows instructions)	(equitable share of work, accepts ideas, opinions, works well with others, problem solving)	(willingness to take risks, positive attitude towards new ideas)	(sets goals, seeks clarification, assesses own strengths, up for a challenge)

Please sign below to indicate that you understand the evaluation procedure for this course.

Student _____ Parent /Guardian _____ Date _____

If you have any questions or concerns, feel free to contact me at Vincent.Nguyen@gapps.yrdsb.ca