Gr. 11 and 12 Physical Education Physical Activity Practicum

Key Understandings

We want students to understand that:

- physical activity and overall healthy living are inter-related and need to be balanced
- maintaining a healthy lifestyle requires an individual to engage in on-going personal reflection
- physical activity is fun

Physical Activity Practicum Outcomes

11.PA.1 Demonstrate appropriate critical thinking, planning, and decision-making skills in the development and implementation of a personal physical activity plan that is safe and ethical and contributes to personal health and fitness goals.

11.PA.2 Demonstrate understanding of the risk-management process and responsibilities related to physical activity participation.

11.PA.3 Demonstrate the ability to access and use information for making informed decisions about safety and risk management related to physical activity participation. Includes: level of instruction, level of supervision, facilities/environment, equipment, clothing/footwear, and personal and other considerations

11.PA.4 Apply movement skills and concepts in a variety of selected physical activities that meet the goals of a personal physical activity plan.

11.PA.5 Participate in physical activities at a moderate to vigorous intensity level.

11.PA.6 Record and report the frequency, intensity, time, and type of the physical activities, as indicated in the personal physical activity plan.

11.PA.7 Reflect on physical and emotional responses to and influences on physical activity participation.
## Pathway A ~ 100% “In Time Table” Plan

<table>
<thead>
<tr>
<th>Activity Block #</th>
<th>In TIMETABLE Activity Choices</th>
<th>Frequency of Activity</th>
<th>Required Time (in hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Block 1</td>
<td>Course Info/Pathway Planning</td>
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<td></td>
<td>Exit Interview</td>
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</table>
Pathway Selection A

In order to achieve this credit for graduation, students/parents will have the opportunity to select a “pathway” that best meets their own individual physical education activity needs.

Pathway A – 100% IN TIMETABLE (during scheduled class time)

IN TIMETABLE REQUIREMENTS:
- Students will have the opportunity to select from a wide variety of health and physical activity classes which occur “IN TIMETABLE”.
- Some activities options may require transportation to and from the activity site.
  - **NOTE:** Parents/students are responsible for their own safe and responsible transportation to and from an activity (see page 23).
  - **NOTE:** Students are not required to select these “Off Site” activities, if transportation is not available. They should select an “In School” option in its place at the start of the semester.
- Selection of in-timetable physical activities will be done at the start of the semester and students will be expected to attend all activities selected until they have met the required number of hours or they will be marked absent.

Contact Hour Requirements
- Students will receive ONE contact hour of physical activity for every class that they:
  a) attend on time
  b) wear appropriate clothing/footwear
  c) demonstrate moderate to vigorous participation level.
- Students need to participate in a minimum of 80% of all classroom/physical activities
  - Minimum 62 classroom/physical activity classes
- Students will accumulate a specific number of hours of physical activity throughout the semester.

- **Student will not** receive “activity hours” if they:
  a) are absent from class (excused/unexcused).
  b) are more than 10 minutes late for class; do not come prepared with appropriate clothing/footwear; and/or simply choose not to participate.
  c) are asked to discontinue involvement in an activity by an instructor for lack of effort, inappropriate language, or lack of participation, disrespectful, or dangerous actions.

CORE HEALTH COMPONENT
- Students will be required to attend mandatory health classes on time and with appropriate classroom supplies (paper, pen, binder, duotang). All students are to be prepared to actively engage in discussions, complete assignments, and take study notes on issues and topics, which will assist them in successfully completing this course (Activity Block1).
PERSONAL ACTIVITY PLAN

100% “In Time Table” Plan

<table>
<thead>
<tr>
<th>Activity Block #</th>
<th>Physical Activity</th>
<th>Frequency of Activity</th>
<th>Required Time (in hours)</th>
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</thead>
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</tr>
<tr>
<td>Block 9</td>
<td>Exit Interview Prep</td>
<td>Temp Check 3</td>
<td>Daily 4</td>
</tr>
</tbody>
</table>

Requirements of the Personal Activity Plan

Student will:

- be required to participate in an in-class physical activity assessment that will establish a physical fitness baseline.
- create two SMART goals based on the physical activity assessment.
- select activity options that will be documented in a physical activity plan.
- provide a copy of the personal activity plan to their teacher.
- be required to participate in a mid- and late semester physical activity temperature check to assess how the student is progressing.
- be required to submit one REFLECTION ASSIGNMENT by Friday, Apr 14, 2017.
- record physical activity and the level of intensity in a timely and accurate manner.
- be responsible for checking in with instructor for updates, messages, assignments, and deadlines.
- be required to submit 2 physical activity hour submissions on a regular basis via email (Friday, Apr. 7, 2017 and Friday, June 17, 2017)

Students are required to attend two conferences:

- **Conference #1- (beginning of semester)** The student will develop and confirm his/her personal physical activity action plan with instructor.

- **Conference #2- (end of semester) “EXIT INTERVIEW”** The student will be required to participate in an interview where evidence of semester progress will be shown. The information collected in the interview will be used to determine the student’s Complete or Incomplete in the course.
## Pathway B ~ 50% “In Timetable” / Up to 50% “Out of Timetable” Plan

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>“Out of Timetables” Activities selected</th>
<th>Chosen Option(s) A,B,C (see below)</th>
<th>Required Time*</th>
<th>From Safety Check Lists</th>
<th>Safety Check lists Reviewed and Approved</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Activity Block #</strong></td>
<td><strong>Activity Choice In Timetable Activity Choices</strong></td>
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<td>Block 9</td>
<td>Temp Check 3/Exit Interview</td>
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<td>3*</td>
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</tbody>
</table>

**A**-Self Managed Physical Activity  
**B**-BSD-Pre-Approved Community-Based team/activity provider  
**C**-Vincent Massey High School Athletic team/club/activity
Pathway Selection B

In order to achieve this credit for graduation, students/parents will have the opportunity to select a “pathway” that best meets their own individual physical education activity needs.

Pathway B- 50% “IN TIMETABLE” / 50% “OUT OF TIMETABLE”

IN TIMETABLE REQUIREMENTS:
- Students will have the opportunity to select from a wide variety of health and physical activity classes which occur “IN TIMETABLE”.
- Some activity options may require transportation to and from the activity site.
  - NOTE: Parents/students are responsible for their own safe and responsible transportation to and from an activity (see page 23).
  - NOTE: Students are not required to select these “Off Site” activities, if transportation is not available. They should select an “In School” option in its place at the start of the semester.
- Selection of in-timetable physical activities will be done at the start of the semester and students will be expected to attend all activities selected until they have met the required number of hours or they will be marked absent.

Contact Hour Requirements
- Students will receive ONE contact hour of physical activity for every class that they:
  a) attend on time
  b) wear appropriate clothing/footwear
  c) demonstrate moderate to vigorous participation level.
- Students need to participate in a minimum of 50% or 39 in-timetable classroom/physical activity classes
- Student will not receive “activity hours” if they:
  a) are absent from class (excused/unexcused).
  b) are more than 10 minutes late for class; do not come prepared with appropriate clothing/footwear; and/or simply choose not to participate.
  c) are asked to discontinue involvement in an activity by an instructor for lack of effort, inappropriate language, lack of participation, disrespectful, or dangerous actions.

CORE HEALTH COMPONENT
- Students will be required to attend mandatory health classes on time and with appropriate classroom supplies (paper, pen, binder, duotang). All students are to be prepared to actively engage in discussions, complete assignments, and take study notes on issues and topics, which will assist them in successfully completing this course (Activity Block1).
OUT OF TIMETABLE REQUIREMENTS:

*All “Out-of-Timetable” activities must be approved by Phys. Ed. Teacher/School Administrator and/or BSD and must have its safety checklist reviewed and approved by parent/guardian prior to claiming any time spent participating in that activity.

- Students have the opportunity to accumulate and claim up to, **but not exceeding 39 hours** of physical activity, “OUT OF TIMETABLE” (not occurring during their regularly scheduled physical education class).

OUT OF TIME TABLE OPTIONS:

“OUT OF TIMETABLE” hours can be accumulated by participating in 1 or more of the following 3 options.

1. Self-Managed Physical Activity Program
   - Must be approved by physical education department/school administration.

2. Pre-Approved Community Based Team/Activity Provider
   - Must be pre-approved by Brandon School Division (See list provided, pages 29-30)

3. Vincent Massey High School Athletic Team/Club/Activity
   - Must be approved by physical education department/school administration.

STEPS TO BE TAKEN TO CLAIM “OUT OF TIMETABLE HOURS:

- Register and receive approval from your physical education instructor.
- Complete and return required documentation prior to claiming any activity hours.
- **Deadline established by the instructor (Wednesday February 15, 2017).**
- Maintain a neat and accurate activity log sheet for verification of hours completed.
- Receiving parental verification of activity hours claimed. (Pg. 67)
  This form is to be submitted at the end of semester.

OPT OUT FEATURES-upon approval of instructor

- **NOTE:** Students wishing to claim physical activity hours from any of the “OUT OF TIMETABLE” options are reminded that they can only claim time spent playing/training/participating where they have achieved a **medium to high** or **moderate to vigorous** level of intensity.
PERSONAL ACTIVITY PLAN

50% “IN TIMETABLE” and Up to 50% “OUT OF TIMETABLE” Plan

<table>
<thead>
<tr>
<th>Activity Block #</th>
<th>In Timetable Physical Activity Choices Option 1</th>
<th>“Out of Timetables” Opt-Out Activities selected</th>
<th>Chosen Option(s) A, B, C (see below)</th>
<th>Required Time*</th>
<th>From Safety Check Lists</th>
<th>Safety Check lists reviewed and approved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Block 1</td>
<td>Course Info/Pathway Planning</td>
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<td>N/A</td>
<td>10 hours*</td>
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<td>N/A</td>
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<td>Block 2</td>
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<td>Block 4</td>
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<td>Temp Check 2</td>
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<td>Block 9</td>
<td>Exit Interview Prep</td>
<td>Temp Check 3</td>
<td></td>
<td>3 hours*</td>
<td></td>
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</tr>
</tbody>
</table>

A-Self Managed Physical Activity  
B-BSID-Pre-Approved Community-Based Team/Activity Provider  
C-Vincent Massey High School Athletic Team/Club/Activity
Requirements of the Personal Activity Plan

Students will:
- be required to participate in an in-class physical activity assessment that will establish a physical fitness baseline.
- create two SMART goals based on the physical activity assessment.
- select activity options that will be documented in a physical activity plan.
- provide a copy of the personal activity plan to their teacher.
- be required to participate in a mid- and late semester physical activity temperature check to assess how the student is progressing.
- be required to submit one REFLECTION ASSIGNMENT by Friday, Apr. 14, 2017
- record physical activity and the level of intensity in a timely and accurate manner.
- be responsible for checking in with instructor for updates, messages, assignments, and deadlines.
- be required to submit 2 physical activity hour submissions on a regular basis via email (Friday, Apr. 7, 2017 and Friday, June 17, 2017)

Students are required to attend two conferences:
- Conference #1- (beginning of semester) The student will develop and confirm his/her personal physical activity action plan with instructor.
- Conference #2- (end of semester) “EXIT INTERVIEW” – The student will be required to participate in an interview where evidence of semester progress will be shown. The information collected in the interview will be used to determine the student’s Complete or Incomplete in the course.

STUDENT /PARENT CONSIDERATION FOR 50% “IN TIMETABLE”/ 50% “OUT OF TIMETABLE”

Changes to Personal Physical Activity Plan
- Once students have established their own Personal Physical Activity Plan, they are not allowed to change or revise their plan without:
  - Scheduling a meeting with physical education instructor immediately.
  - Obtaining, completing, and returning all required paperwork.
  - Submitting a “Revised Physical Activity Plan” to their physical education instructor prior to collecting any “OUT OF TIMETABLE” hours, as well as maintaining a copy for themselves.

If this procedure is not followed, students will not be allowed to claim these activity hours.

Impact of injuries and illness
- Injuries/illness can and do occur during the school year, which may jeopardize a student’s ability to claim physical activity hours later in the semester.
Use of “OUT OF TIMETABLE” contact hours
- Students may only claim “Out of Timetable” contact hours for the semester they are enrolled in their grade 11 or 12 physical education class.

School Teams
- Coaches/teachers are not obligated to select or keep players on a team simply because the students wish to use these sports/activities hours towards their physical education credit.
  - Students and parents should plan with this possibility in mind and be prepared to revise their plan immediately should this occur.

“IN TIMETABLE” requirements
- Cannot use “additional” or “extra” hours from any of the “OUT OF TIMETABLE” options they may have accumulated to compensate or replace any “shortage” of “IN TIMETABLE” hours.

Ensuring course requirements are met
- It is the student’s/parent’s responsibility to monitor and communicate to ensure that their son/daughter is attending, participating and maintaining all course requirements throughout the entire semester.
- Any questions/issues must be brought to the attention of their physical education instructor immediately.
Vincent Massey High School  
Personal Physical Activity Plan

Pathway C ~25% “In Timetable” / Up to 75% “Out of Timetable Plan”

<table>
<thead>
<tr>
<th>Activity Block #</th>
<th>In Timetable Activity Choices</th>
<th>“Out of Timetables” Opt-Out Activities selected</th>
<th>Chosen Option(s) A,B,C (see below)</th>
<th>Required Time*</th>
<th>Risk Factor Rating (RFR)</th>
<th>Safety Check Lists Reviewed and Approved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Block 1</td>
<td>Course Info/Pathway Planning Temp Check 1 Required</td>
<td>N/A</td>
<td>N/A</td>
<td>10 hours*</td>
<td>N/A</td>
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<td>Block 9</td>
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Name:________________ Date:_________ Teacher:__________________ Period:____
<table>
<thead>
<tr>
<th>A</th>
<th>Self Managed Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>BSD-Pre-Approved Community-Based team/activity provider</td>
</tr>
<tr>
<td>C</td>
<td>Vincent Massey High School Athletic team/club/activity</td>
</tr>
</tbody>
</table>
Pathway Selection C

In order to achieve this credit for graduation, students/parents will have the opportunity to select a "pathway" that best meets their own individual physical education activity needs.

Pathway C- 25% “IN TIMETABLE” / 75% “OUT OF TIMETABLE”

IN TIMETABLE REQUIREMENTS:

- All students will be required to select and complete 19 contact hours from a wide variety of health and physical activity classes, which occur “IN TIMETABLE” during their regularly scheduled physical education class time.

- Some activity options may require transportation to and from the activity site
  - **NOTE:** Parents/students are responsible for their own safe and responsible transportation to and from activity (see page 23).
  - **NOTE:** Students are not required to select these “Off Site” activities if transportation is not available. They should select an “In School” option in its place at the start of the semester.

- Selection of activities will be done at the start of the semester, and students will be expected to attend all activities selected or they will be marked absent.
- Students must complete 19 hours of “IN TIMETABLE” scheduled classes.

Contact Hour Requirements
- Students will receive ONE contact hour of physical activity for every class that they:
  a) attend on time
  b) wear appropriate clothing/footwear
  c) demonstrate moderate to vigorous participation level.

- Students need to participate in a minimum of 25% or 19 in-timetable classroom/physical activity classes

- Student will not receive “activity hours” if they:
  - are absent from class (excused/unexcused).
  - are more than 10 minutes late for class; do not come prepared with appropriate clothing/footwear; and/or simply choose not to participate.
  - are asked to discontinue involvement in an activity by an instructor for lack of effort, inappropriate language, or lack of participation, disrespectful, or dangerous actions.

CORE HEALTH COMPONENT
- Students will be required to attend mandatory health classes on time and with appropriate classroom supplies (paper, pen, binder, duotang). All students are to be prepared to actively engage in discussions, complete assignments, and take study notes on issues and topics, which will assist them in successfully completing this course (Activity Block1).
OUT OF TIMETABLE:

*All “Out-of-Timetable” activities must be approved by Phys. Ed. Teacher/School Administrator and/or BSD and must have its safety checklist reviewed and approved by parent/guardian prior to claiming any time spent participating in that activity.

- Students have the opportunity to accumulate and claim up to, but not exceeding, 58 hours of physical activity. However, a student cannot claim more than 39 hours for any of the three options listed below. The additional 19 hours must be acquired through their involvement in ONE (OR MORE) OF THE REMAINING OPTIONS:
  - Self-Managed Physical Activity
  - BSD Pre-Approved Community Based Team/Activity Provider
  - Vincent Massey High School Athletic Team/Club/Activity

Example: A student possesses the maximum 39 hours by participating on VMHS Varsity Girls’ Volleyball (option C). This student’s additional 19 hours must come from either:
  - Self-Managed Physical Activity (option A);
  - BSD Pre-Approved Community Based Team/Activity Provider (option B);
  - a combination of both.

- If this is not possible, the student MUST then select from the 50%/50% or 100 % pathway.

OUT OF TIME TABLE OPTIONS:

“OUT OF TIMETABLE” hours can be accumulated by participating in 1 or more of the following 3 options:

1. Self-Managed Physical Activity
   - Must be approved by physical education department/school administration.
2. BSD Pre-Approved Community Based Team/Activity Provider
   - Must be pre-approved by Brandon School Division. (See list provided pages 29-30)
   - Must be approved by physical education department/school administration.

STEPS TO BE TAKEN TO CLAIM “OUT OF TIMETABLE” HOURS:

- Register and receive approval from your physical education instructor.
- Complete and return required documentation prior to claiming any activity hours.
- Deadline established by the instructor Wednesday, February 15, 2017).
- Maintain a neat and accurate activity log sheet for verification of hours completed.
- Receiving parental verification of activity hours claimed. (Pg. 67-68)
  This document is to be submitted at the end of the semester.

OPT OUT FEATURES- upon approval of instructor

- NOTE: Students wishing to claim physical activity hours from any of the “OUT OF TIMETABLE” options are reminded that they can only claim time spent playing/training/participating where they have achieved a “medium to high” or “moderate to vigorous” level of intensity.
PERSONAL ACTIVITY PLAN:

25% “IN TIMETABLE” and Up to 75% “OUT OF TIMETABLE” Plan

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>“Out of Timetables” Opt-Out Activities selected</th>
<th>Chosen Option(s) A,B,C (see below)</th>
<th>Required Time*</th>
<th>Risk Factor Rating (RFR)</th>
<th>Safety Check lists Reviewed and Approved</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Activity Block #</strong></td>
<td><strong>In-Time Table Physical Activity Choices</strong></td>
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</tr>
<tr>
<td>Block 1</td>
<td>Course Info/Pathway Planning</td>
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<td>n/a</td>
<td>10 hours*</td>
<td>n/a</td>
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<td>Block 2</td>
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<td>Block 3</td>
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<td>Block 4</td>
<td>Temp Check 2</td>
<td>Temp Check 2</td>
<td>2 hours*</td>
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<td>Block 9</td>
<td>Temp Check</td>
<td>Exit Interview Prep</td>
<td>3 hours*</td>
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**A**-Self Managed Physical Activity  
**B**-BSD-Pre-Approved Community-Based Team/Activity Provider  
**C**-Vincent Massey High School Athletic Team/Club/Activity
Requirements of the Personal Activity Plan

Students will:
- be required to participate in an in-class physical activity assessment that will establish a physical fitness baseline.
- create two SMART goals based on the physical activity assessment.
- select activity options that will be documented in a physical activity plan.
- provide a copy of the personal activity plan to their teacher.
- be required to participate in a mid- and late semester physical activity temperature check to assess how the student is progressing.
- be required to submit one REFLECTION ASSIGNMENT by Friday, Apr 14, 2017.
- record physical activity and the level of intensity in a timely and accurate manner.
- be responsible for checking in with instructor for updates, messages, assignments, and deadlines.
- be required to submit 2 physical activity hour submissions on a regular basis via email (Friday, Apr. 7, 2017 and Friday, June 17, 2017)

Students are required to attend two conferences:
- Conference #1- (beginning of semester) The student will develop and confirm his/her personal physical activity action plan with instructor.
- Conference #2- (end of semester) “EXIT INTERVIEW” The student will be required to participate in an interview where evidence of semester progress will be shown. The information collected in the interview will be used to determine the student’s Complete or Incomplete in the course.

Changes to Personal Physical Activity Plan
- Once students have established their own Personal Physical Activity Plan, they are not allowed to change or revise their plan without:
  - scheduling a meeting with physical education instructor immediately.
  - obtaining, completing, and returning all required paperwork.
  - submitting a “Revised Physical Activity Plan” to their physical education instructor prior to collecting any “OUT OF TIMETABLE” hours, as well as maintaining a copy for themselves.

If this procedure is not followed, students will not be allowed to claim these activity hours.

Impact of injuries and illness
- Injuries/illness can and do occur during the school year, which may jeopardize a student’s ability to claim physical activity hours later in the semester.
Use of “Out of Timetable” activity hours
- Students may only claim “Out of Timetable” contact hours for the semester they are enrolled in their grade 11 or 12 physical education class.

School Teams
- Coaches/teachers are not obligated to select or keep players on a team simply because the students wish to use these sports/activities hours towards their physical education credit.
- Students and parents should plan with this possibility in mind and be prepared to revise their plan immediately should this occur.

In Timetable requirements
- Cannot use “additional” hours from any of the “OUT OF TIMETABLE” options to compensate for any “shortage” of “IN TIMETABLE” hours.

Ensuring course requirements are met
- It is the students/parents responsibility to monitor and communicate to ensure that their son/daughter is attending, participating and maintaining all course requirements throughout the entire semester.
- Any questions/issues must be brought to the attention of their physical education instructor immediately.