



# Physical and Health Education Coach Tillman

Willows Preparatory School 2017-18

## *I.B. Learning Aims & Goals*

The aims of Physical and Health Education are to encourage and enable students to:

- Use inquiry to explore physical and health education concepts
- Participate effectively in a variety of contexts
- Understand the value of physical activity
- Achieve and maintain a healthy lifestyle
- Collaborate and communicate effectively
- Build positive relationships and demonstrate social responsibility
- Reflect on their learning experiences.

## *I.B. Learning Objectives*

IB learning objectives are determined across four objective criterion:

- Objective A: Knowing and Understanding
- Objective B: Planning for Performance
- Objective C: Applying and Performing
- Objective D: Reflecting and Improving Performance

## *I.B. Grading Criteria*

All IB objective criterion will be assessed a minimum of twice throughout the year. These assessments will be formal, informal, self-evaluation, performance, or even project based. The success in the objective criterion is measured on a 0-8 scale.

Limited	1-2
Adequate	3-4
Substantial	5-6
Excellent	7-8

A cumulative score is calculated for the year using the criterion scores and this is referenced on a scale of 1-7.

Further detail, specific to P.H.E., regarding the grade descriptors is available in the P.H.E. OneNote notebook.



***Local Grading Criteria***

Students will receive a local grade which is percentage based and letter referenced.

Participation	70%
Homework	5%
Quizzes	10%
Projects & Final	15%

***Participation***

Participation is on a per day point scale and is recorded weekly.

Water Bottle	5
Suited	8
Effort & Cooperation	12

The following is an outline of the content for the Physical and Health Education Course. The course will cover many health topics, traditional sports, and many not traditional sports or activities

**Trimester 1**

Body composition, hydration, skeletal system, muscular system, fitness challenge, ga-ga ball, badminton

**Trimester 2**

Nutrition, cardiovascular system, basketball, rock climbing, parkour, martial arts

**Trimester 3**

Body composition compared to trimester 1, fitness challenge compared to trimester 1, archery, soccer

***Homework***

Homework is on a point scale for the type of assignment it is.

In Class	10
Health	25
Sport/Activity	20

***Quizzes***

Quizzes are on a point scale for the type they are and are take home.

In Class	10
Health	25
Sport/Activity	20

***Projects & Final***

Projects and finals are on a point scale. A trimester may have one or both. Trimesters 3 will have both.

Sports Project	150
Final	100

Please contact me at [ltillman@willowsprep.com](mailto:ltillman@willowsprep.com) if you have any questions.