

BAA PE Leadership 11 Framework

YPELA 11

District Name: Abbotsford
District Number: 34
Developed by: Carlton Haak
Date Developed: 2004-01-09
School Name: Robert Bateman Secondary
Principal's Name: Jim Callaghan
Board/Authority Approval Date: APR - 5 2004

Board/Authority Signature:

Course Name: PE Leadership^{ASSISTANT} 11

Grade Level of Course: Grade 11

Number of Course Credits: 4 credits

Number of Hours of Instruction: 120

Prerequisite(s):

Special Training, Facilities or Equipment Required:

Course Synopsis:

This course is intended for grade 11 or 12 students with a strong physical education background. It is intended to benefit those who intend to pursue post secondary studies in physical education or related activities. The student will explore the role of leadership in physical education by examining the characteristics and principles of effective leaders. The student will daily practice the essential people skills of leadership in class while learning about different aspects of physical activity, recreation management, nutrition and diet. In addition, students will be assisting the PE instructors with warm-ups, drills, individual instruction and refereeing within the PE classroom. Leaders will also be expected to instruct specific units. In addition to the above, the student will help with refereeing and score keeping for Intramural and Extra mural contests (10 hours).

Rationale:

All students must participate in PE from grades 1-10, but a few find that they want to continue being involved in the physical education program in their grade 11 and 12 years. While they want to continue being active, they may want to have an opportunity to become involved in the organization and leadership aspects of physical education. In pursuing a career opportunity in physical education, this course will be an invaluable experience.

Organizational Structure:

Unit/Topic	Title	Time
Unit 1	Effective leadership	30
Unit 2	Leadership development and practice	60
Unit 3	Appreciation and importance of physical activity	10
Unit 4	Nutrition and diet	10
Unit 5	Service Hours	10
Total Hours		120

Unit/Topic/Module Descriptions:**Unit 1: Effective leadership**

Curriculum Organizers and Learning Outcomes

It is expected that students will:

- Understand the characteristics of a good leaders
- Understand good principles of effective leadership
- Daily model good leadership in class

Unit 2: Leadership development and practice

Curriculum Organizers and Learning Outcomes

It is expected that students will:

- Demonstrate safety principles in the classroom environment and while using PE equipment
- Demonstrate and lead effective warm-up and cool down principles
- Understand how to introduce and new skill and the teaching of skill progressions
- Understand and demonstrate the importance of feedback
- Develop positive classroom management skills and student rapport
- Understand and demonstrate the principle of inclusiveness
- Learn and demonstrate effective lesson planning and teach a chosen topic to the class
- Learn how to effectively plan and manage different types of tournaments

Unit 3: Appreciation / Importance of Physical Activity

Curriculum Organizers and Learning Outcomes

It is expected that students will:

- Demonstrate a positive attitude towards physical fitness
- Understand the principles of training, components of fitness, and benefits of physical activity
- Model fitness in their daily physical education class and lives

Unit 4: Nutrition and Diet

Curriculum Organizers and Learning Outcomes

It is expected that students will:

- Display knowledge and understand the ideas and principles of the Canada Food Guide
- Understand the effects of performance enhancing substances

Unit 5: Service Hours

Curriculum Organizers and Learning Outcomes

It is expected that students will:

- perform service and volunteer work in the school and community

Instructional Component:

- direct instruction
- indirect instruction (learning modules)
- interactive instruction
- modelling
- practical creativity
- videotape
- self analysis

Assessment Component:

Students letter grades will be based on their ability to demonstrate learning outcomes.

Effective Leadership	20%
Leadership Development	50%
Nutrition	10%
Benefits of Physical Activity	10%
Service Hours	10%

Assessment Tools:

- teacher – student generated criteria
- self-assessment (video, verbal feedback, criteria based assessment)
- module written testing

Learning Resources:

- National Coaching Certification Program (Level 1)
- Organizing Successful Tournaments – John Byl
- Internet Research
- Coaches Planner
- BC School Sports Officials Handbook
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Additional Information:

This course started at Robert Bateman Secondary in 1993. It has provided many students with the opportunity to develop leadership skills and experience what a career in Physical Education would be like. Many students who have taken the course have gone on to pursue physical education or related careers.