

Henry Street High School

PAL 401

Adaptive Physical Education, Grade 12 Open

COURSE OUTLINE

COURSE DESCRIPTION

This course is a leadership program for senior students, which provides an opportunity for students with special needs to interact with young adults of similar ages. The purpose for both groups is to provide a setting where social, emotional, physical and mental growth may occur. The senior students are provided with an opportunity to learn and observe how physical education and recreation are adapted to serve the needs of individuals with special needs. It is hoped that this course will make the senior students more socially aware of and responsible for the particular needs of special groups in the community.

UNITS OF STUDY

UNIT 1 – Adaptive Games

UNIT 2 – Fitness Blasts

UNIT 3 – Community Involvement

UNIT 4 – Dance

UNIT 5 – Team Activities

UNIT 6 – Individual Activities

ASSESSMENT AND EVALUATION

TERM: 70% of the student's final grade will be based on term work. The achievement categories and weights for the above evaluations will be as follows;

- ❖ Knowledge and Understanding 25%
- ❖ Thinking and Inquiry 10%
- ❖ Communication 10%
- ❖ Application 55%

SUMMATIVE: 30% of the student's final grade will be based on summative evaluations

- ❖ Final Course Reflection 15%
- ❖ ISU Report 15%

OTHER INFORMATION

Students are expected to be present, **in uniform**, and participating in a **positive, safe manner** for all activity classes. Students will assume a leadership role and will develop an awareness of the needs and abilities of their peers.