**Académie LaurenHill Academy**

# Standards and Procedures

## Athletic leadership
## 2016 – 2017

**TEACHERS:** L. Tzortzis, Z. MacDonald

***TERM 1 (20%):***

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|---|---|
| **Competency Targeted** | **Competency 1** Performs skills in different physical activity settings.<br>**Competency 2** Interacts with others in different physical activity settings.<br>**Competency 3** Adopts a healthy active lifestyle. |
| **Evaluation Methods** | 1. Evaluate their competency in various types of physical activity, sports and games.<br>2. Evaluate their ability to perform skills or sequences that are appropriate in terms of the form and the performance of a specific sport/physical activity.<br>3. Student exhibits ethical behavior and applies safety rules required by the specific sport or physical activity.<br>4. Student should demonstrate his/her ability to relate to others<br>Student participates in the fitness testing.<br>5. Development of the skills required of leaders in sport and physical activity |

Formative Evaluation- 60% **Competency I & II** (Performance of skills)

| **Category** | **Weighting %** | **Example** |
|---|---|---|
| Application | 25 | -Preparation of training programs/routines |
| Knowledge and Understanding | 15 | -Acquiring theoretical knowledge |
| Thinking Inquiry and Problem Solving | 10 | -Practical and theoretical application of knowledge (e.g. designing individualized training programs)<br>-Analysis of test results |
| Communication | 10 | -Presentations, log books, leadership<br>-Use of subject terminology |

Summative Evaluation- 20% **Competency II** (Interacts with others in different settings)

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|---|---|
| Work Habits | Arriving on time, preparedness for class (e.g. notebook), and appropriate equipment on trips. Following through on commitments. |
| Teamwork | Sharing tasks in large or small groups, contributing positively to the group as a whole. Listening and following instructions. Ability to work in groups. Assist teachers and coaches. |
| Organization | Permission forms, log book, facilities, activities, assignments handed in on time. Organize sport facilities, equipment and students. |
| Initiative | Offering to help others, pro-active in activities and on the field, demonstrating leadership qualities |
| Works Independently | Using time wisely, shows self-discipline, completing of tasks without relying on others |

Summative Evaluation- 20% **Competency III** (Adopts healthy active lifestyle)

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|---|---|
| Active participation in Physical activities and adopt an active lifestyle | Make critical use of course knowledge and information.<br>Exhibit positive behaviour towards health physical activity and recreation.<br>Assume responsibility for your health and well-being.<br>Reflect on how physical activity could contribute to a healthy lifestyle/life skill.<br>Actively participate in regular physical activity. |

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| **General Timeline** | Throughout the term |

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| **Topics Covered** | **<u>Leadership & Personal Development</u>**<br>• What is a leader<br>• Roles of a leader.<br>• Discussion of leadership styles<br>• Organization and administration skills<br>• Effective leadership Behavior<br>• Communication skills<br>**<u>Introduction to training methods</u>**<br>• Fitness physical components:<br>• Introduction to strength training<br>• Design and implement a personal strength training program<br>• Design a training log/chart<br>• Assist to supervise fitness training session<br>• Assist to supervise intramurals<br>• **<u>Officiating</u>**<br>• Responsibilities of an official<br>• Philosophy of officiating<br>• Communicating with partners of the game<br>• Road to certification as an official<br>**<u>Health, Human Anatomy & Physiology</u>**<br>• Exposure and awareness of the body, it's physical make up such as bones, muscles and joints.<br>• Exposure to the body's functioning as it applies to exercise. |

## ***TERM 2 (20%):***

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|---|---|
| **Competency Targeted** | **Competency 1** Performs skills in different physical activity settings.<br>**Competency 2** Interacts with others in different physical activity settings.<br>**Competency 3** Adopts a healthy active lifestyle. |
| **Evaluation Methods** | **1.** Demonstrate the skills required of leaders in sport and physical activity especially as they relate to coaching, teaching, administrating and officiating. Administrative skills also include psychomotor skills necessary to support these.<br><br>**2.**Apply basic care and prevention of athletic injuries.<br><br>**3.**Demonstrate the ability to apply skills in First Aid and Cardio-pulmonary Resuscitation are essential.<br><br>**4.**Demonstrate the characteristics of cooperative leadership and team building.<br><br>**5.**Acquire and apply the skills associated with:<br><br>**5.1** Administrating - scheduling athletic and recreational events, budgeting and fundraising, conducting and planning meetings, organizing and the training of volunteers.<br><br>**5.2** Teaching - planning unit and daily lessons, using audio visual aids, developing communication skills, keeping of records, etc.<br><br>**6.**Coaching - organizing season and daily plans, budgeting and fundraising, demonstrating techniques, analyzing skill and its development, motivating goal setting, modeling a healthy lifestyle.<br><br>**7.**Officiating - refereeing and minor officiating (scoring, timing, judging, etc.). |

Formative Evaluation- 60% **Competency I & II** (Performance of skills)

| **Category** | **Weighting %** | **Example** |
|---|---|---|
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| Knowledge and Understanding | 15 | -Acquiring theoretical knowledge |
| Thinking Inquiry and Problem Solving | 10 | -Practical and theoretical application of knowledge (e.g. designing individualized training programs)<br>-Analysis of test results |
| Communication | 10 | -Presentations, log books, leadership<br>-Use of subject terminology |

Summative Evaluation- 20% **Competency II** (Interacts with others in different settings)

| | |
|---|---|
| Work Habits | Arriving on time, preparedness for class (e.g. notebook), and appropriate equipment on trips. Following through on commitments. |
| Teamwork | Sharing tasks in large or small groups, contributing positively to the group as a whole. Listening and following instructions. Ability to work in groups. Assist teachers and coaches. |
| Organization | Permission forms, log book, facilities, activities, assignments handed in on time. Organize sport facilities, equipment and students. |
| Initiative | Offering to help others, pro-active in activities and on the field, demonstrating leadership qualities |
| Works Independently | Using time wisely, shows self-discipline, completing of tasks without relying on others |

Summative Evaluation- 20% **Competency III** (Adopts healthy active lifestyle)

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| Active participation in Physical activities and adopt an active lifestyle | Make critical use of course knowledge and information.<br>Exhibit positive behaviour towards health physical activity and recreation.<br>Assume responsibility for your health and well-being.<br>Reflect on how physical activity could contribute to a healthy lifestyle/life skill |

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|---|---|
| **General Timeline** | Throughout the term |

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| **Topics Covered** | **<u>Theory of Coaching</u>**<br>• Coaching theories and philosophies<br>• Role of a coach<br>• Team readiness<br>• Mental Training<br>• Team Selection<br>• Scheduling and Tournament Draws<br>• Goal Setting<br>**<u>Officiating</u>**<br>• Responsibilities of an official<br>• Philosophy of officiating<br>• Communicating with partners of the game<br>• Road to certification as an official<br>**<u>Prevention and Care of Athletic Injury</u>**<br>• Prevention of injuries, equipment standards<br>• Care and treatment of various injuries<br>• Injury cycle<br>• First Aid<br>• Taping & Wrapping<br>• CPR<br>• Endurance training methods<br>• Body composition & anthropometry<br>• Nutrition |

## ***TERM 3 (60%):***

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|---|---|
| **Competency Targeted** | **Competency 1** Performs skills in different physical activity settings.<br>**Competency 2** Interacts with others in different physical activity settings.<br>**Competency 3** Adopts a healthy active lifestyle. |
| **Evaluation Methods** | 1 Demonstrated ability to work independently and in teams.<br><br>2. Demonstrated ability to act as a role model and leader to other students.<br><br>3. Demonstrated interest in all aspects of Physical and Health Education.<br><br>4. Demonstrated academic and behavioral competencies<br><br>5. Demonstrate the ability to plan and teach a basic unit to others |

Formative Evaluation- 60% **Competency I & II** (Performance of skills)

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Summative Evaluation- 20% **Competency II** (Interacts with others in different settings)

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| Active participation in Physical activities and adopt an active lifestyle | Make critical use of course knowledge and information.<br>Exhibit positive behaviour towards health physical activity and recreation.<br>Assume responsibility for your health and well-being.<br>Reflect on how physical activity could contribute to a healthy lifestyle/life skill.<br>Actively participate in regular physical activity. |

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|---|---|
| **General Timeline** | Throughout the term |
| **Topics Covered** | **Development of an awareness and appreciation of:**<br>**1.**The need for and value of leaders in the community.<br>**2.**The need for participation in leadership opportunities within the community.<br>**3.**The strengths and limitations of those whom one might lead.<br>**4.**The value of sport and physical activity to the community.<br>**5.**The value of cooperation with others and the benefits of working well with others.<br>**6.**The need for a healthy lifestyle.<br>**Teaching**<br>• Lesson planning, conducting Ph.-Ed classes/ team practices |

**END OF YEAR**

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| **Communication to Students and Parents** | Term report cards, email |

Should the teacher find it necessary, evaluations and assignments are subject to change.