

Westmount High School

STANDARDS & PROCEDURES

Leadership Community Action
Mr. Kosow
2020-2021

- This course aims to provide students with the knowledge, practical experience and skills required to be able to organize, lead, supervise and support activities and programs within their school and community at large.
- Students will be taught how to conduct themselves professionally, communicate effectively and they will be introduced to a variety of conflict-resolution strategies.
- This course concentrates on the importance of being sensitive to the cultural, social and individualistic needs of a group to promote a respectful, positive and safe environment.

Two Competencies:

Leadership	Community
Performs and develops effective leadership skills.	Integrates leadership skills into a community setting.

Evaluation:

Each Term has a component of the mark attributed to each of the following:

- **Participation and Class Discussions:** Students receive a daily participation mark for their participation in class activities and discussions.
- **Journal:** Students must keep a class journal to record activities (with key instructions), important tips from class de-briefs and reflections on personal progress.
- **Assignments:** There will be a variety of assignments given during the year.
- **Activities, Presentations and Projects:** Throughout the year, students will be participating in a wide variety of activities, presentations and projects.

Volunteer Hours:

If applicable during pandemic times, students will dedicate a minimum of **10 hours per term** to school and/or community leadership roles. It is important that **two** of these responsibilities be dedicated to school athletics. At least **5 or more** hours throughout the year have to be devoted to the outside community.

CPR / AED:

Leadership students will be trained in CPR, how to perform the Heimlich and how to use an AED.

Term 1 (20%)		
Competencies Targeted	Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects)	General Timeline (e.g., end of term, midterm, etc.)
<p>Competency 1 Performs and develops effective leadership skills</p> <p>Competency 2 Integrates leadership skills into a community set</p> <p>Individual or team strategy (theory and performance) Fair play</p>	<p><u>Participation and Class Discussions:</u> Students receive a daily participation mark for their participation in class activities and discussions.</p> <p><u>Journal:</u> Students must keep a class journal to record activities (with key instructions), important tips from class de-briefs and reflections on personal progress.</p> <p><u>Assignments:</u> There will be a variety of assignments given during the year.</p> <p><u>Activities, Presentations and Projects:</u> Throughout the year, students will be participating in a wide variety of activities, presentations and projects that will be evaluated May include homework such as: Goal Setting Fitness Journal How Can I Improve?</p>	<p>The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. Therefore, it is mandatory for each student to come prepared with their proper Leadership uniform to each class.</p>
Communication to Students and Parents (e.g., note home, website, agenda, report cards)	Other Pertinent Information	Materials Required
<p>Website Progress reports Report cards Emails Student Agendas Phone Calls</p>	<p>Health & Wellness Safety Rules Game Rules Improving the Quality of Exercise Recovery Effects of Exercise (ex. body weight, psychological well-being etc.) Body's Response to Exercises (ex. short term and long term) Improved Muscle Mass, Tone, Posture and Flexibility Improved Coordination and Efficiency Improved Cardiovascular Endurance</p>	<p>Red WHS Leadership T-Shirt</p> <p>Black WHS Physical Education Shorts or Track Pants</p> <p>Running Shoes with Proper Support and that tighten (ex. laces)</p> <p>Socks (no tights or socks higher than the knee are permitted to be worn)</p> <p>Water Bottle (reusable)</p>

Term 2 (20%)

Competencies Targeted	Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects)	General Timeline (e.g., end of term, midterm, etc.)
<p>Competency 1 Performs and develops effective leadership skills Performance of effective movement skills</p> <p>Competency 2 Integrates leadership skills into a community set</p> <p>Individual or team strategy (theory and performance) Fair play</p>	<p>May include standardised tests such as: Beep Test Cooper Test Strength Endurance Tests Flexibility Tests</p> <p>May include different individual sports, team sports and low cooperation activities such as: Aerobics/Circuit Training Team Games</p> <p>May include presentations such as: Aerobics/Circuit training Cool Downs Low Cooperation Games Stretches Warm ups</p> <p>May include written tests such as: Rules and Regulations of a Game, Sport or Activity</p> <p>May include strategy evaluation such as: Practice Written</p> <p>May include homework such as: Goal Setting Nutrition Journal How Can I Improve?</p>	<p>The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. Therefore, it is mandatory for each student to come prepared with their proper Leadership uniform to each class.</p>
<p>Communication to Students and Parents (e.g., note home, website, agenda, report cards)</p>	<p>Other Pertinent Information</p>	<p>Materials Required</p>
<p>Website Progress reports Report cards Emails Student Agendas Phone Calls</p>	<p>Health & Wellness Safety Rules Game Rules The body and its parts in relation to an object or an area Technical elements of the action-related activities Body's Response to Exercises (ex. short term and long term) Improved Muscle Mass, Tone, Posture and Flexibility Improved Coordination and Efficiency Improved Cardiovascular Endurance Needs Depending on Exercise Intensity (ex. hydration, food choices to support exercise routine)</p>	<p>Red WHS Leadership T-Shirt</p> <p>Black WHS Physical Education Shorts or Track Pants</p> <p>Running Shoes with Proper Support and that tighten (ex. laces)</p> <p>Socks (no tights or socks higher than the knee are permitted to be worn)</p> <p>Water Bottle (reusable)</p> <p>Individual Required Medication (ex. asthma inhaler, knee brace, etc)</p>

Term 3 (60%)

<i>Competencies Targeted</i>	<i>Evaluation Methods (e.g., End-of-term Evaluation Situation, Tests, Projects)</i>		<i>General Timeline (e.g., end of term, midterm, etc.)</i>
<p>Competency 1 Performs and develops effective leadership skills</p> <p>Movement skills (how, when and why) Performance of effective movement skills</p> <p>Competency 2 Integrates leadership skills into a community set</p> <p>Individual or team strategy (theory and performance) Fair play</p>	<p>May include standardised tests such as: Beep Test Cooper Test Strength Endurance Tests Flexibility Tests</p> <p>May include different individual sports, team sports and low cooperation activities such as: Aerobics/Circuit Training Team Games</p> <p>Volunteer Hours:</p> <p>Students will dedicate a minimum of 10 hours per term to school and/or community leadership roles. It is important that two of these responsibilities be dedicated to school athletics. At least 5 or more hours throughout the year have to be devoted to the outside community.</p> <p>May include written tests such as: Rules and Regulations of a Game, Sport or Activity</p> <p>May include strategy evaluation such as: Practice Written</p> <p>May include homework such as: Leadership Assignment First Aid Practice & Test Preparations</p>		<p>The evaluation will be ongoing and based heavily on in-class participation and level of effort put into each task. Therefore, it is mandatory for each student to come prepared with their proper physical education uniform to each class.</p>
<p>Communication to Students and Parents (e.g., note home, website, agenda, report cards)</p>	<p>End of Year Evaluation (e.g., complementary exam, uniform exam, etc.)</p>	<p>Other Pertinent Information</p>	
<p>Website Progress reports Report cards Emails Student Agendas Phone Calls</p>	<p>Final Fitness Evaluation and Year End Reflections</p>	<p>Effects on their Physical and Psychological Well-being Types of Stress and Daily Impact Side Effects in the Short and Long term on Various Systems (cardiovascular, pulmonary, muscular etc.) Effects on the Psychological State Effects on Lifestyle Effects on Physical Capacity</p>	