

PE 20 Volunteer Points

As one of the goals of the Harry Ainlay Physical Education Program is to assist students with the development of **leadership skills**, students are required to successfully complete a pre-determined amount of volunteer points. For Physical Education 20 the breakdown of points is as follows:

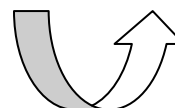
PE 20 (5 credits) **10 points** –minimum of **6** which must be **INSCHOOL ACTIVITIES**

PE 20 (3 credits) **5 points** – minimum of **3** which must be **INSCHOOL ACTIVITIES**

| INSCHOOL ATHLETIC/PE RELATED ACTIVITIES | Points |
|--|---------------------------|
| <u>TOURNAMENTS– TVT, TRI PROV and HAC</u> | |
| • Tournament Host/Hostess | 10 pts |
| • Accept an organizing role | 10 pts |
| • Tournament Volunteer (i.e. Linesman, Clock, Scorekeeping etc.) | 1 pt/match |
| <u>PE CLASS</u> | |
| • Teach a class – complete with a lesson plan | 5 pts |
| • Run a class tournament | 5 pts |
| • Lead a class warm-up | 2 pts |
| <u>INTRAMURALS – 3 on 3 Basketball, Dodgeball, Floor Hockey</u> | |
| • Accept an organizing role | 10 pts |
| • Scorekeep, set up , take down etc. | 1 pt/lunch hour |
| Your own option (discussed and approved by teacher) | value approved by teacher |
| OUT OF SCHOOL ACTIVITIES | |
| Service hours, non-profit, must be physical education related, e.g.) coaching, help in a sports camp, volunteer at a triathlon | 1 pt = 1hour of service |

- ✓ **Any missed in school hours that you have signed up for you will be required to complete an equivalent number of extra hours outside of school time.**
- ✓ Please confirm with your teacher those activities that you would like to do before you do them.
- ✓ Teaching a lesson and/or a unit is a difficult task. Proper preparation is involved to make sure the class is a success. Please confer with your teacher prior to the class date so you can get ideas and run through your lesson plan. If you do not, then your lesson will not be allowed.

Please complete the reverse side when completing your leadership hours



PE 20 Leadership Hours Time Sheet

Name: _____ Teacher: _____

Class and Period: (e.g. Phys Ed 20 Period 4) _____

INSCHOOL LEADERSHIP ACTIVITIES

| Date | Leadership Activity | Points Completed | Supervisor Signature |
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TOTAL INSCHOOL POINTS (must be 6): _____

OUT OF SCHOOL LEADERSHIP ACTIVITIES

| Date | Leadership Activity | Points Completed | Supervisor Signature |
|------|---------------------|------------------|----------------------|
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TOTAL OF ALL HOURS COMPLETED: _____

Student Signature: _____ Hand in date: _____