

LISGAR COLLEGIATE INSTITUTE



DEPARTMENT: Physical Education

COURSE NAME: Healthy Active Living

COURSE CODE: PPL4OP / PPL4OQ

OVERVIEW

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students' interest throughout their lives. Students will develop and implement personal physical fitness plans. In addition, they will be given opportunities to refine their decision-making, conflict-resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others.

COURSE CONTENT

Movement Skills/Sports and Recreation:

Demonstrate personal competence in applying complex movement skills and principles. Apply the guidelines and strategies that enhance participation in recreational and sports activities.

Active Participation/Physical Fitness/Safety:

Participate regularly in a balanced instructional program. Develop personal health-related physical fitness. Demonstrate responsibility for their personal safety and the safety of others.

Healthy Living:

Describe how society and culture affect individual perceptions and expressions of sexuality. Demonstrate an understanding of strategies that promote personal safety and prevent injuries. Demonstrate an ability to use specific strategies that promote healthy relationships.

Living Skills:

Use decision-making and goal-setting skills to enhance their daily lives. Demonstrate an understanding of the importance of respect for self and respect for others in reducing conflict in their personal lives. Use social skills to work effectively in groups and enhance relationships.

OVERALL CURRICULUM EXPECTATIONS

- Demonstrate personal competence in applying complex movement skills and principles.
- Apply the guidelines and strategies that enhance participation in recreation and sport activities.
- Participate regularly in a balanced instructional program that includes a wide variety of physical activities that encourage life long participation.
- Develop personal health-related physical fitness.
- Demonstrate responsibility for their personal safety and safety of others.
- Describe how society and culture affect individual perceptions and expressions of sexuality.
- Demonstrate an understanding of strategies that promote personal safety and prevent injuries.
- Demonstrate an understanding of strategies that promote healthy relationships.
- Use decision-making and goal-setting to enhance daily life.
- Demonstrate an understanding of the importance of respect for self and respect for others in reducing conflict in personal lives.
- Use social skills to work effectively in groups and enhance relationships.

LEARNING SKILLS

The development of sound learning skills is essential to the success of our students. Teachers and students will work together to understand and further the development of student learning skills in the areas of initiative, work habits, organization, team work, and independent work. Teachers report on learning skills on the midterm and final report cards.

ASSESSMENT METHODS

Including but not limited to: fitness tests, demonstrations, written tests, quizzes, presentations, debates, projects, role playing, fitness logs, written assignments and group work.

Please refer to the Lisgar Assessment and Evaluation Policy.

EVALUATION

Course Work (70%)

1. Application	60 %
2. Knowledge/Understanding	20 %
3. Communication	10 %
4. Thinking/Inquiry/Problem Solving	10 %

Summative (30%)

The summative is worth 30% of the final grade. It will provide evidence of knowledge, understanding, and application of curriculum expectations.

Summative Due Date(s): Semester 1: January 9 Semester 2: May 29

Exam (N/A)

ATTENDANCE

If you are absent from class, you are expected to catch up what you missed and complete any relevant homework. When you return to class, you must show your teacher an Absence Verification Form.

If you know in advance that you will be absent for a test, please see your teacher **before** the scheduled test date to arrange an alternate time to write it.

If you are unexpectedly absent for a valid reason on the day of a scheduled test, please let your teacher know why. When you return to class, remember to show an Absence Verification Form from your homeroom teacher and a note from your parents indicating that they are aware you missed the test. An **unjustified absence** for a test may result in a **mark of zero**.

SUPPLEMENTARY NOTES

Participation:

A significant portion of the student assessment and evaluation is based on assessment of in class performance. In order to accurately evaluate student ability, it is imperative that he/she demonstrates exemplary attendance and participates to the best of his/her ability. Inconsistent attendance/participation leads to insufficient evidence of learning required to complete the course successfully.

Lockers:

Lockers are available for use during class; however, there is a limited number. **VALUABLES SHOULD BE LEFT IN PERSONAL LOCKERS OR LEFT AT HOME.** Reasonable precautions are taken to prevent theft; however, the school will not be responsible for lost or stolen property.