



Earl of March Secondary School
Healthy Active Living
PPL40P/Q – Grade 12 Physical Education

Course Description:

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.

The entire curriculum document is available at:

<http://www.edu.gov.on.ca/eng/document/curricul/seccurric.html>

Units of Study:

- Movement Skills and Principles
- Physical Fitness
- Healthy Living (*Mental Health, Lifestyles and Aging, and Relationships*)
- Large and small group activities
- Living Skills (*Leadership, Communication, and Interpersonal Skills*)
- Body Management Activities

Assessment and Evaluation:

Knowledge & Understanding **14%**

Understands concepts related to healthy living skills
Displays understanding of rules, guidelines and tactics in sport
Assessment through tests, quizzes, projects, seminars, game situations, skill analysis, demonstrations, etc...

Application

42%

Participates actively and consistently in class to try and achieve a high level of personal fitness
Demonstrates leadership/initiative in teamwork and independent work
Displays respect and support for others
Demonstrates daily preparedness and adherence to established daily routine
Assessment through skill acquisition and game play, active participation, safety procedures, movement skills and principles, etc...

Communication **7%**

Communicates constructively with others during class time
Assessment in oral or written journals, presentations/seminars, reports, class discussions, portfolios, web pages, audio-visual seminars

Thinking/Inquiry/Problem Solving **7%**

Synthesizes information and forms conclusions
Analyzes sport situations and responds effectively
Assessment through reflections, critical analysis, reviews, role-playing, research projects, test and quizzes and game situations, etc...

Summative Evaluation **30%**

Reflects the learners acquired skills and knowledge towards the end of the course

May include: fitness testing and reflection (10%), assignments, workbooks, presentations, performances (10 %), portfolio, and rules/skill (10%)

Student Expectations

- **UNIFORMS:** Change of clothing such as gym short or sweatpants, t-shirt, socks, and proper running shoes.
ATTENDANCE: Physical Education is a participation-based course with daily assessment and evaluation. In order to ensure maximum opportunity to experience success students must attend class on a regular basis and participate to the best of their abilities. Daily attendance also improves student’s level of physical fitness and wellness.
 - Participates actively and consistently in class
 - Displays respect and support for others
 - Demonstrates daily preparedness and adherence to established daily routine
 - Demonstrates safe practices with equipment and others
 - Demonstrates leadership/initiative in teamwork and independent work
 - Punctual

- Submission of work that is original and represents your own efforts. Must speak with teacher before missing a test and late assignment must be accompanied with a note from parent/guardian.

Participation Marks are Assessed as Follows	80-100%	Student arrives to class on-time (in change room before bell), changes into proper uniform and contributes positively to the class activities. Always demonstrates leadership, mentorship and initiative. Demonstrates teamwork and independent work Student follows the 3 R’s (respect for self, respect for others, respect for property)
	70-79%	Student participates well. Regularly demonstrates leadership, mentorship and initiative. Student has demonstrated respect for two of the 3 R’s.
	60-69%	Student arrives on time and changes, but participates in a limited manner. Sometimes demonstrates leadership, mentorship and initiative. Student needs to improve effort and/or attitude.
	50-59%	Student arrives late, changes, yet does not provide a positive contribution. Infrequently, demonstrates leadership, mentorship and initiative. Student has no uniform (therefore is unable to participate)
	Below 50%	Student has an unexcused absence (excused absences will be omitted if they have been confirmed through the attendance line on the day of the absence). Never demonstrates leadership, mentorship and initiative. Student is late and without uniform. Student is removed from activities due to a behavioural incident.

