



**Earl of March Secondary School**  
Healthy Active Living  
PPL10P/Q – Grade 9 Physical Education

**Course Description:**

This course emphasizes regular participation in a variety of enjoyable physical activities thereby promoting lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness, gain physical competence, as well as safety and injury prevention. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs, and will participate in activities designed to develop goal-setting, communication, and social skills.

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 (*Healthy Growth and Sexuality, Substance Use and Abuse and Personal Safety and Injury Prevention*)
- Large and small group activities
- Living Skills (*Leadership, Conflict Resolution, Decision Making and Communication*)
- 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, CPR workbook, 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.