

# LISGAR COLLEGIATE INSTITUTE



**DEPARTMENT:** Physical Education

**COURSE NAME:** Healthy Active Living

**COURSE CODE:** PPL1OP/ PPL1OQ

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## OVERVIEW

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

## COURSE CONTENT

Interactive/Co-operative Activities:

Participation in various activities that promote participation, responsible behaviour and effective group work skills.

Physical Fitness:

Understanding the components of health-related fitness, assess personal fitness, design personal fitness program to reach self-identified goals and demonstrate improvement in personal fitness.

Healthy Living:

Identify the factors that contribute to positive relationships with others. Explain the consequences of sexual decisions on the individual, family, and community. Demonstrate personal strategies to deal effectively with the social influences that contribute to the use and abuse of alcohol, tobacco, and other drugs. Identify strategies to minimize potentially dangerous situations.

Large and Small Group Activities:

Participate in a balanced selection of activities from each sport/game category.

Body Management Activities:

Provide opportunities for students to practice, develop, and refine their movement skills and build their level of fitness.

## OVERALL CURRICULUM EXPECTATIONS

- Demonstrate personal competence in applying movement skills and principles.
- Demonstrate knowledge of guidelines and strategies that enhance participation in recreation and sport activities.
- Participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation.
- Demonstrate improvement in health-related physical fitness.
- Demonstrate safe practices regarding the safety of themselves and others.
- Identify the factors that contribute to positive relationships with others.
- Explain the consequences of sexual decisions on the individual, family, and community.
- Demonstrate personal strategies to deal effectively with social influences that contribute to the use and abuse of alcohol, tobacco and other drugs.
- Identify strategies to minimize potentially dangerous situations.
- Use appropriate decision-making skills to achieve goals related to personal health.

- Explain the effectiveness of various conflict resolution processes in daily situations
- Use appropriate social skills when working collaboratively with others.

## 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 observation 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.