



Cardinal Ambrozic Catholic Secondary School

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We believe that each one, created in the image and likeness of God, is called by name into the Dufferin-Peel community to realize the Ontario Catholic School Graduate Expectations to the fullest extent possible as we all journey from the early years to vocation.

COURSE OUTLINE

Department:	Physical and Health Education	
Course:	Recreation and Healthy Active Living Leadership, Grade 12	
Course Code:	PLF 4M, University/College Preparation	
Common Course Calendar	<p>Course Description:</p> <p>This course enables students to explore the benefits of lifelong participation in active recreation and healthy leisure and to develop the leadership and coordinating skills needed to plan, organize and safely implement recreational events and other activities related to healthy, active living. Students will also learn how to promote the benefits of healthy active living to others through mentoring and assisting them in making informed decisions that enhance their well-being. The course will prepare students for university programs in physical education and health and kinesiology and college and university programs in recreation and leisure management, fitness and health promotion, and fitness leadership.</p> <p>Prerequisite: any health and physical education course</p>	
Ministry/ICE Curriculum Documents Strand	Catholic Graduate Expectation Indicators for each Strand	
<p>Leadership</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the concept of leadership and of the attributes, skills and styles needed to be an effective leader • Demonstrate leadership skills in a variety of contexts related to healthy active living • Demonstrate an understanding of group dynamics and apply teamwork skills in a variety of contexts related to healthy active living <p>Facilitation of Recreation and Leisure</p> <ul style="list-style-type: none"> • Identify and explain the benefits of lifelong participation in active recreation and healthy leisure, and demonstrate an understanding of factors that enable and constrain participation in active recreation and healthy leisure activities • Demonstrate the ability to plan and coordinate an event related to healthy active living • Demonstrate an understanding of safety procedures needed for injury prevention in a variety of activities related to healthy, active living <p>Mentorship</p> <ul style="list-style-type: none"> • Demonstrate an understanding of mentorship and the methods used by effective mentors to contribute to the growth and development of others • Demonstrate the ability to help others develop and implement a healthy active living plan 	<p>An Effective Communicator who:</p> <ul style="list-style-type: none"> • Reads, understands and uses written materials effectively • Presents information and ideas clearly and honestly and with sensitivity to others <p>A Reflective and Creative Thinker who:</p> <ul style="list-style-type: none"> • Recognizes there is more grace in our world than sin and that hope is essential in facing all challenges • Thinks reflectively and creatively to evaluate situations and solve problems <p>A Self-directed, Responsible, Life Long Learner who:</p> <ul style="list-style-type: none"> • Responds to, manages and constructively influences change in a discerning manner • Applies effective communication, decision-making, problem-solving, time and resource management skills • Examines and reflects on one's personal values, abilities and aspirations influencing life's choices and opportunities <p>A Collaborative Contributor who:</p> <ul style="list-style-type: none"> • Works effectively as an interdependent team member • Thinks critically about the meaning and purpose of work • Respects the rights, responsibilities and contributions of self and others <p>A Responsible Citizen who:</p> <ul style="list-style-type: none"> • Accepts accountability for one's own actions • Respects the environment and uses resources wisely 	

Resources & Supplies Needed

- Recreation and fitness leadership textbook

Assessment & Evaluation

Category Weightings	Weight %
Application	40%
Knowledge	20%
Thinking	20%
Communication	20%

Final Summative Assessments	Overall Weighting
Term work	70%
Culminating Assessment	30%

Assessment & Evaluation Policy

- Details on *student absences, submission of assignments & homework policies* may be found in the student agenda.
- All summative assessments will be evaluated using the health and physical education achievement chart. See here (page 48 - 53)
<http://www.edu.gov.on.ca/eng/curriculum/secondary/health9to12.pdf>
- *Learning skills, living skills & work habits* will also be assessed and reported on. For more information see below and please refer to Growing Success (pg. 11)
<http://www.edu.gov.on.ca/eng/policyfunding/growsuccess.pdf>

Physical Education Learning, Living Skills & Work Habits Sample behaviours assessed as excellent, good, satisfactory or needs improvement
Organization Student comes to class regularly and on time
Self-regulation Student monitors his/her progress Student seeks clarification or assistance when needed
Responsibility Assignments are handed in on time and completed with care
Initiative Student looks for and acts on new ideas and opportunities for learning Approaches new tasks with a positive attitude
Collaboration Student interacts positively and respectfully with classmates, peers and the teacher.
Independent Work Student independently monitors, assess and revises plans to complete tasks and meet goals, Student uses class time appropriately to complete tasks Student follows instructions with minimal supervision