



Cardinal Ambrozic Catholic Secondary School

10 Castle Oaks Crossing
 Brampton, Ontario L6P 3A2
 Phone: 905-913-2989

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:	Healthy Active Living Education, Grade 10	
Course Code:	PPL 20	
Common Course Calendar	Course Description:	
	<p>This course enables students with the knowledge and skills they need to make healthy choices now and lead healthy, active lives in the future. Through participation in a wide range of physical activities, students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. Students also acquire an understanding of the factors and skills that contribute to healthy development, and learn how their own well-being is affected by, and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively.</p> <p>Prerequisite: None</p>	
Ministry/ICE Curriculum Documents Strand	Catholic Graduate Expectation Indicators for each Strand	
<p>Active Living</p> <ul style="list-style-type: none"> Participate actively and regularly in a wide variety of physical activities and demonstrate an understanding of factors that can influence and support their participation in physical activity now and throughout their lives <p>Healthy Living</p> <ul style="list-style-type: none"> Demonstrate an understanding of factors that contribute to healthy development Demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being <p>Movement Competence</p> <ul style="list-style-type: none"> Perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities <p>Living Skills</p> <ul style="list-style-type: none"> Demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade 	<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

- Uniform: Cardinal Ambrozic physical education attire. Please see your physical education teacher if you do not already have proper attire
- Proper footwear
- Re-usable, re-fillable water bottle

Assessment & Evaluation

Category Weightings	Weight %
Application	45%
Knowledge	25%
Thinking	15%
Communication	15%

Final Summative Assessments	Overall Weighting
Active living	70%
Movement Competence	
Healthy Living (online)	
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 wearing the Cardinal Ambrozic Physical Education uniform Student comes to class regularly and on time
Self-regulation Student participates to the best of his/her abilities Student puts forth their best effort in class activities
Responsibility Assignments are handed in on time and completed with care
Initiative Student helps to set up, take down and clean up gym equipment
Collaboration Student interacts positively and respectfully with classmates, peers and the teacher.
Independent Work Student follows instructions and promotes a safe environment.