



Cardinal Ambrozic Catholic Secondary School

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 Brampton, Ontario L6P 3A2
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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

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| Department: | Physical and Health Education | |
| Course: | Healthy Active Living Education, Grade 11 | |
| Course Code: | PPL 30 <i>Focused courses:</i> PAI 30 – Healthy Living and Individual & Small Group Activities PAF 30 – Healthy Living and Personal Fitness Activities | |
| Common Course Calendar | Course Description: | |
| | This course enables students to further develop 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 and exposure to a broader range of activity settings, students enhance their movement competence, personal fitness, and confidence. 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. Prerequisite: None | |
| Ministry/ICE Curriculum Documents Strand | Catholic Graduate Expectation Indicators for each Strand | |
| Active Living <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 Healthy Living <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 Movement Competence <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 Living Skills <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 | An Effective Communicator who: <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 A Reflective and Creative Thinker who: <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 A Self-directed, Responsible, Life Long Learner who: <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 A Collaborative Contributor who: <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 A Responsible Citizen who: <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 | 50% |
| Knowledge | 15% |
| Thinking | 15% |
| Communication | 20% |

| 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 |
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| 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. |