



## Holy Name of Mary CSS

115 Glenvale Blvd.  
Brampton, Ontario, L6S 3J7  
905-458-5541

*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

<b>Department:</b>	Physical and Health Education
<b>Course:</b>	Healthy Living and Personal and Fitness Activities
<b>Course Code:</b>	PAF201

<b>Common Course Calendar</b>	<b>Course Description:</b> 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, 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.	
<b>Ministry/ICE Curriculum Documents</b>	<b>Strand/Unit Title</b>	<b>Corresponding Catholic Graduate Expectation Indicators for each Strand/Unit</b>
	<ol style="list-style-type: none"> <li>1. <b>Active Living</b> (active participation/fitness/safety)</li> <li>2. <b>Movement Competence</b> (skills/concepts/strategies)               <ol style="list-style-type: none"> <li>a) Weight training/yoga/pilates/aerobics/fitness</li> </ol> </li> <li>3. <b>Healthy Living</b> <ol style="list-style-type: none"> <li>a) Healthy Eating</li> <li>b) Substance use (Addictions and Related Behaviours)</li> <li>c) Human development and sexual health</li> <li>d) Personal safety and injury prevention</li> </ol> </li> </ol>	<a href="http://www.eoccc.org/content/csfcs/cge/cge_list.html">http://www.eoccc.org/content/csfcs/cge/cge_list.html</a> CGE 1.d, CGE 1.j, CGE 2.b, CGE 2.c, CGE 3.c, CGE 3.f, CGE 4.a, CGE 4.b, CGE 4.f, CGE 4.h, CGE 5.a, CGE 5.f, CGE 6.b, CGE 6.c, CGE 7.a, CGE 7.j

Learning Skills and Work Habits will also be assessed and reported on. For More information please refer to Growing Success pg. 11. <http://www.edu.gov.on.ca/eng/policyfunding/growsuccess.pdf>

### Assessment and Evaluation:

Category Weightings	Weight %
Knowledge/Understanding	20
Thinking	15
Application	50
Communication	15

Final Summative Assessments	Overall Weighting
Term Work	70 %
Course Culminating	30 %

## MEDICAL CONSIDERATIONS

It is strongly advised that students have a medical check-up before participating in any Physical Education program. **If a student has a medical problem or condition that may affect her performance in any way, she is expected to inform her teacher and present a letter written by her parent/doctor which the teacher will keep on file.**

## UNIFORM

The **required** uniform items listed below **must** be worn for all indoor activity classes.

**Required: White crested Royals T-shirt**

**Navy crested Royals shorts/Navy Royals sweat pants (items are purchased at McCarthy's)  
Sport socks and Non-marking running shoes.**

**Optional: For outdoor classes, students may buy/bring a sweatshirt/track suit to wear over the required uniform.**

## KEY POLICIES

### ATTENDANCE/MISSED TESTS

Regular attendance and full participation in all class activities are required to maximize the development and acquisition of course content. **Tests/quizzes that are missed due to an absence must be made up or arranged to be made up immediately on the student's return to school.** Failure to do so will result in a mark of zero for that test. Exceptions will be made on an individual basis only in the case of extenuating circumstances as determined by the teacher or administration.

### LATE ASSIGNMENTS

Each student is responsible for all material discussed in each of our classes. If the assignment is not submitted by the due date, a closure date is established, if the assignment is submitted by the closure date, up to 10% mark deduction may apply. (see student agenda book, Assessment and Evaluation policy). **After the closure date a mark of zero will be assigned.**

### PARTICIPATION

Inability to participate in one class due to illness or injury requires a **note** from parent /guardian. **Three (3)** consecutive classes requires a **medical certificate** - outlining the problem and date to re-start participation (student must still attend class on these days). Ill/injured students should be prepared to participate to an appropriate level or complete an in-class assignment.

- Students with medical conditions: ie. Asthma, Allergies, Cardiac conditions etc. must inform their teacher.
- **Students are not to leave any valuables in the facilities/changeroom (ie. Cash, phones, jewelry).**

## ADDITIONAL INFORMATION:

### COURSE FEE

Due to the nature of the course, **there is a course fee of \$15.00.** This includes guest instructors for B.R.A.V.E, Pilates and other associated activities/costs. **Payment is due in full by September 21<sup>st</sup>, 2018.** **School Cash Online the only accepted form of payment ([dpcdsb.schoolcashionline.com](http://dpcdsb.schoolcashionline.com)).**

## PARENT/STUDENT POLICY AGREEMENT

Please sign below to verify that you have read the course outline and agree to support its policies in order for your daughter to enjoy the safe, successful completion of her PAF 301 Healthy Active Living Education class.

Thank you for your cooperation and please feel free to contact the classroom teacher/Department Head (Mrs. Cutrara) at any time during the year for clarification or further information.

Student Name: (please print neatly) \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date \_\_\_\_\_

Course Teacher: Mrs. Cutrara

School phone: (905) 458-5541 Ext: 64128