



# St. Michael Catholic Secondary School

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 Bolton, Ontario L7E 4G6  
 Phone: 905-951-8935

*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 Active Living Education, Grade 9	
<b>Course Code:</b>	PPL 10	
<b>Common Course Calendar</b>	<b>Course Description:</b>	
	<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><b>Prerequisite:</b> None</p>	
<b>Ministry/ICE Curriculum Documents Strand</b>	<b>Catholic Graduate Expectation Indicators for each Strand</b>	
<p><b>Living Skills</b></p> <ul style="list-style-type: none"> <li>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</li> </ul> <p><b>Active Living</b></p> <ul style="list-style-type: none"> <li>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</li> </ul> <p><b>Healthy Living</b></p> <ul style="list-style-type: none"> <li>Demonstrate an understanding of factors that contribute to healthy development</li> <li>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</li> </ul> <p><b>Movement Competence</b></p> <ul style="list-style-type: none"> <li>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</li> </ul>	<p><b>An Effective Communicator who:</b></p> <ul style="list-style-type: none"> <li>Reads, understands and uses written materials effectively</li> <li>Presents information and ideas clearly and honestly and with sensitivity to others</li> </ul> <p><b>A Reflective and Creative Thinker who:</b></p> <ul style="list-style-type: none"> <li>Recognizes there is more grace in our world than sin and that hope is essential in facing all challenges</li> <li>Thinks reflectively and creatively to evaluate situations and solve problems</li> </ul> <p><b>A Self-directed, Responsible, Life Long Learner who:</b></p> <ul style="list-style-type: none"> <li>Responds to, manages and constructively influences change in a discerning manner</li> <li>Applies effective communication, decision-making, problem-solving, time and resource management skills</li> <li>Examines and reflects on one's personal values, abilities and aspirations influencing life's choices and opportunities</li> </ul> <p><b>A Collaborative Contributor who:</b></p> <ul style="list-style-type: none"> <li>Works effectively as an interdependent team member</li> <li>Thinks critically about the meaning and purpose of work</li> <li>Respects the rights, responsibilities and contributions of self and others</li> </ul> <p><b>A Responsible Citizen who:</b></p> <ul style="list-style-type: none"> <li>Accepts accountability for one's own actions</li> <li>Respects the environment and uses resources wisely</li> </ul>	

## Assessment and Evaluation:

Category Weightings	Weight %
Knowledge/Understanding	15%
Application	55%
Thinking	15%
Communication	15%

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

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>

## Resources and Supplies Needed

► Uniform: St. Michael physical education shorts and t-shirt. Purchase from McCarthy's. Please see your physical education teacher if you do not already have proper attire

## Assessment and Evaluation Policy - additional details may be found in the student agenda book

### ► Student Absences

Regular attendance on the part of students is vital to the learning process. Teachers will not be able to measure the achievement of curriculum expectation of students who miss assessment and evaluation opportunities.

Type of Absence	Communication	Next Steps
Illness	The parent/guardian will contact the school as per the school's attendance policy indicating that he/she is aware of the missed evaluation.	On the day of his/her return, the student and teacher will make arrangements to address the missed evaluation in a timely manner.
Appointments	In advance, the student will advise the teacher of the upcoming absence which will be verified by the parent/guardian as per the school's attendance policy.	In advance, the student and teacher will make arrangements to make up the missed evaluation.
School-related	In advance, the student will advise the teacher of the upcoming school related absence.	In advance, the student and teacher will make arrangements to make up the missed evaluation.
Prolonged	The parent/guardian will advise the school of the prolonged absence as soon as possible.	In advance, where possible, the student and teacher, in consultation with the administrator, will make arrangements to address the missed evaluations.

In the event that the student does not make up the missed evaluation(s), a zero may be assigned.

If it is determined that the evaluation(s) has/have been missed as a result of a skip or truancy, a zero may be assigned.

If a student is absent on a test date (and a valid reason is documented by parent) upon return they will meet with their teacher to arrange a mutually agreeable re-write date.

The parent/guardian and student should review the student handbook for absences related to the 30% final and for any additional information.

### ► Submission of Assignments

Timelines for submission of assignments are established to encourage students to manage their time and to take responsibility for their learning. Timelines are also established to allow teachers to effectively deliver curriculum, support students, and manage the evaluation of assignments. It is important, therefore, that students work towards completing all assignments.

Due Date	Late Submissions	Closure Date
A due date is set by the teacher.	Once the due date has passed, a maximum 10% mark deduction may be used.	Once the closure date has passed, a zero may be recorded for assignments not submitted.
	The Learning skills section of the report card will reflect observations regarding late and missed assignments.	

### ► Homework Policy

Homework is assigned on a daily basis. Students and parents should expect a maximum of 20 minutes of homework a night.

Student success in math requires an ongoing review and practice of material. Extra help is available - ask your teacher how you can receive extra help.

Please feel free to contact the teacher at 905-951-8935

I have read the above information:

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent / Guardian Signature