

**SOUTH CARLETON HIGH SCHOOL**  
**STUDENT OUTLINE**  
**PPL40Q, 40P**  
**Healthy Active Living Education, Grade 11, Open**

Credit Value: 1 credit

Hours: 110 hours

**Course Overview**

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practice goal-setting, decision-making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety.

Unit Title	Hours	Performance Tasks	Specific Expectations
<b>Physical activity</b>	35	1. Tests and Quizzes	<ul style="list-style-type: none"> <li>• demonstrate personal competence in applying movement skills and principles;</li> <li>• apply their knowledge of guidelines and strategies that can enhance their participation in recreational and sports activities.</li> <li>• participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation;</li> <li>• demonstrate improved physical fitness;</li> <li>• demonstrate responsibility for their personal safety and the safety of others.</li> <li>• demonstrate an understanding of sexual and reproductive health;</li> <li>• demonstrate, in a variety of settings, the knowledge and skills that reduce risk to personal safety;</li> <li>• describe the influence of mental health on overall well-being.</li> <li>• use decision-making and goal-setting skills to promote healthy active living;</li> <li>• demonstrate an ability to use stress management techniques;</li> <li>• demonstrate the social skills required to work effectively in groups and develop positive relationships with their peers</li> </ul>
<b>Active living</b>	35	2. Culminating Activities	
		3. Group Work	
<b>Healthy living</b>	12.5	4. Independent/Web Research	
		5. Oral Presentations	
<b>Living skills</b>	12.5	6. Skills Development	
		7. Fitness Testing	
<b>Summative</b>	15	8. Role Plays	
		9. Movement Analysis	
		10. Reflective Writing	
		11. Independent Learning Activity	

**STUDENT RESPONSIBILITIES**

1. Students are required to attend classes regularly, dress prepared to participate in physical activities, and submit work on time. Absence for any reason does not remove the responsibility of a student to complete work in a timely manner.
2. Students who commit *academic fraud* i.e. *plagiarize or cheat*, and those who miss performance tasks without a legitimate and substantiated excuse risk completing course requirements. See student planner.
3. All incomplete work will be factored into the final mark. When a student fails to demonstrate competence with a task for this or any reason, remedial work may be assigned at the teacher's discretion. In these cases, a reasonable timeline must exist to facilitate the completion and subsequent evaluation of the performance.
4. Students may on occasion negotiate with the teacher to have an assignment submitted late. All work accepted for marking will be professionally evaluated; however, written feedback and anecdotal remarks on late submissions may not be possible based on time constraints.

- See School Assessment, Evaluation, and Reporting Policy for details.

**Evaluation**

Term reports		Final Report	
<i>Categories for each assessment tool including approximate percentages.</i>		Summative	
Knowledge & Understanding	15 %	Individual -Teach a lesson *	15 %
Thinking/Inquiry/Problem Solving	10 %	Written Lesson plan	10 %
Communication	15 %	Reflective self evaluation	<u>5 %</u>
<b>Application:</b>		<b>Total</b>	<b>30%</b>
Skill	10 %		
Vigorous Participation / Social Responsibility	30 %		
Personal Fitness	<u>20 %</u>		
<b>Total</b>	<b>70%</b>		
<i>Assessment tools include tests/quizzes, assignments, performance tasks and rich assessment tasks</i>		<i>* Will include an in-class activity towards the end of term</i>	

**Text: Glencoe Health Text (replacement cost \$105).**

**Character Education Statement**

The South Carleton Healthy Active Living Education department strives to develop a quality educational environment based on positive values and to instill in students a sense of character and ethics which will contribute to building an honourable and productive society. An educated citizen is the foundation of a democratic society in which respect and responsibility determine strength of character.