



St. Thomas Aquinas Catholic High School

Catholic District School Board of Eastern Ontario

Discipline Name	Physical Education
Course Name	Healthy Active Living Education, Open
Course Code	PPL 10
Prerequisites	None
Hours of Instruction	110 hours
Secondary School Policy	The Ontario Curriculum Grades 9-12 Physical Education
Credit Values	1 Credit
Text	TBA
Course Teacher	Mrs. Penelope Longval penelope.longvalp@cdsbeo.on.ca

Course Description

This course emphasizes participation in a variety of physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. Through the achievement of the Ministry and the Ontario Catholic School Graduate expectations the student will investigate issues related to healthy sexuality, causes of abuse and violence, the use and abuse of alcohol, tobacco, and other drugs, and will participate in activities designed to develop goal-setting, communication, social skills and personal competence. Aspects of this course may include career education, community resources, and education for exceptional students.

Curriculum Expectations

By the end of the course, students will:

- demonstrate personal competence in applying complex movement skills and principles;
- apply the guidelines and strategies that enhance participation in recreational and sports activities.
- participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation;
- demonstrate safe practices regarding the safety of themselves and others
- develop personal health-related physical fitness;
- demonstrate an understanding of strategies that promote personal safety and prevent injuries; – identify the factors that contribute to positive relationships with others
- demonstrate personal strategies to deal effectively with the social influences that contribute to the use and abuse of alcohol, tobacco, and other drugs

Units: Titles and Times

Unit 1	Active Participation and Physical Fitness Students will develop a positive self-concept through active participation, which will assist each student in assessing and realizing his/her God given potential. Students will assess their personal physical fitness levels through activities that emphasize the health-related components of fitness.	33 hours
Unit 2	Individual and Team Activities Students participate regularly in a variety of enjoyable individual/dual activities to enhance overall fitness, health, movement skills, and personal competence. Students develop skills and an appreciation of physical activities in order to enjoy leisure time pursuits now and in the future. Students will describe and demonstrate the specific rules and guidelines necessary for active participation and development of personal competence in recreation and sport activities.	42 hours
Unit 3	Substance Use and Abuse Choices which students make determine their path in life and ultimately their relationship with God. Students will develop an understanding of the facts, myths and effects related to the use and abuse of alcohol, tobacco, and other drugs (e.g., cannabis). Students will identify the major environmental factors (e.g., peer pressure, media) in their lives that contributes to the use of these substances. Students will demonstrate the moral decision-making model according to the faith perspective of the Catholic Church.	10 hours
Unit 4	Personal Safety and Conflict Resolution Students develop an understanding of violence and abuse (types, causes, impact, and prevention). Students have the opportunity to discuss and develop conflict management skills from a Catholic perspective. Topics include conflict resolution, active listening, reconciliation, and coping skills. This unit also deals with personal safety, injury prevention, first aid, and CPR. This unit is delivered through active participation, as well as classroom-based instruction.	15 hours

Evaluation of Student Achievement

Each student will be given a variety of opportunities to demonstrate the extent to which he/she has met the expectations of this course. The final grade will be a percentage, which represents the student's overall achievement of curriculum expectations bases on his/her most consistent level of achievement.

- 40 % Summative assessments throughout the semester
- 30% Practical Assessments
- 30% Final assessments including examination

Each student must complete the final assessments in order to receive the credit. One of the goals of any course is the development of work and study skills needed to succeed in the workforce and life. These skills will be monitored throughout the semester and will be recorded on the report card as follows:

E= Excellent G= Good S= Satisfactory N=Needs Improvement

These apply to the following categories:

- *Works independently, Teamwork, Organization, Work Habits/Homework and Initiative*