

PPL 10 Grade 9 Health & Physical Education



Mrs. Penny Longval , B.ED
McGill University



Course Description

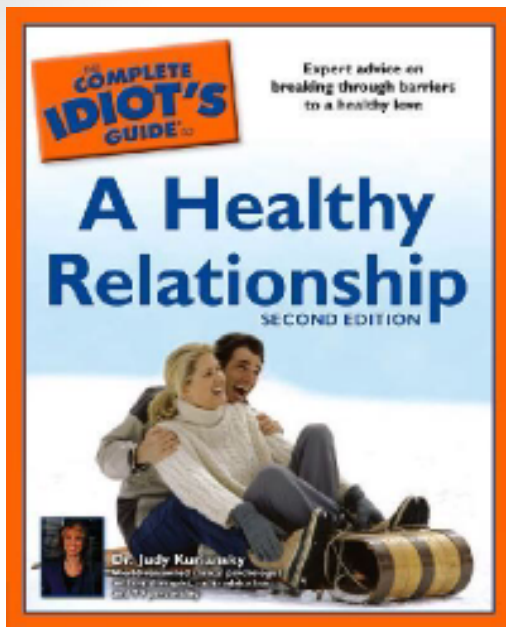
This course emphasizes participation in a variety of physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention.



- 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.

- 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**.

- Unit 3
- **Substance Use and Abuse**
- Students will develop an understanding of the **facts, myths and effects related to the use and abuse of alcohol, tobacco, and other drugs**. 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.
- 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.



Units & Activities

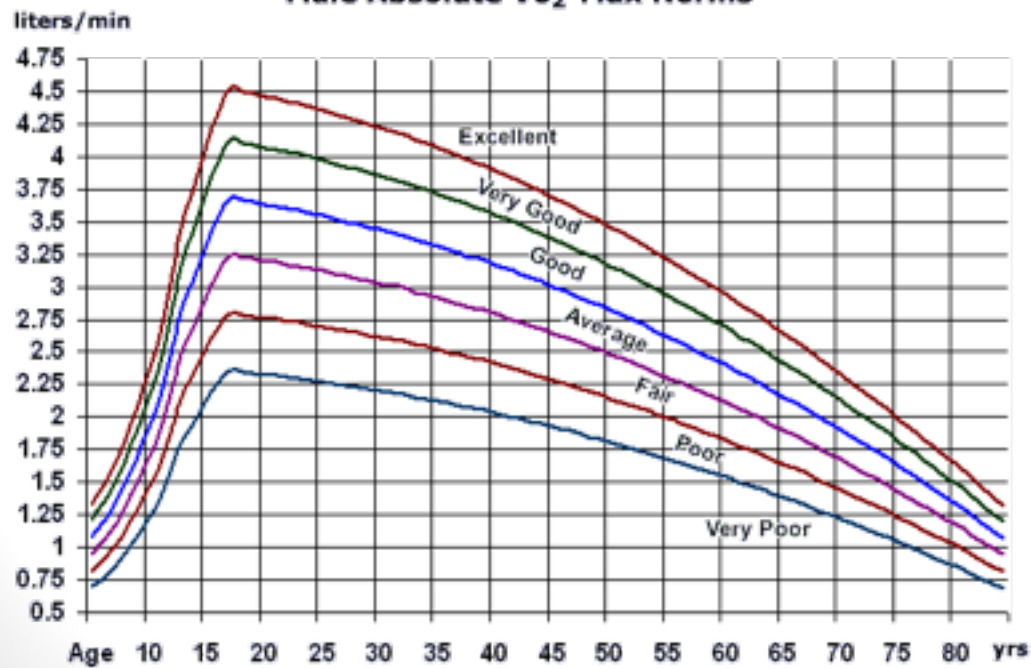


- Strength Training , 12 minute walk/runs, yoga
- Soccer, Flag Football, Touch Rugby
- Ultimate , Capture the Flag
- Basketball & Handball
- Badminton & Volleyball
- Gymnastics , Dance & Wrestling
- Winter activities , Low organization games
- Team building initiatives





Male Absolute Vo_2 Max Norms



Class Routines & Procedures

- School bell rings You have about 5-8 minutes to get changed - please change as quickly as possible
- **A Physical Education uniform is required to participate in class activities.**
- *STA black shorts, STA black track pants, grey or burgundy STA T-shirt, and proper running shoes. RAVEN sweatshirts may also be worn in class. Non- STA uniform outerwear is acceptable for activities that take place outdoors.*
- Please leave all cell phones/tech toys in your personal locker.
- * Phys. Ed Change room lockers ** bring your own lock - NOT to be left overnight

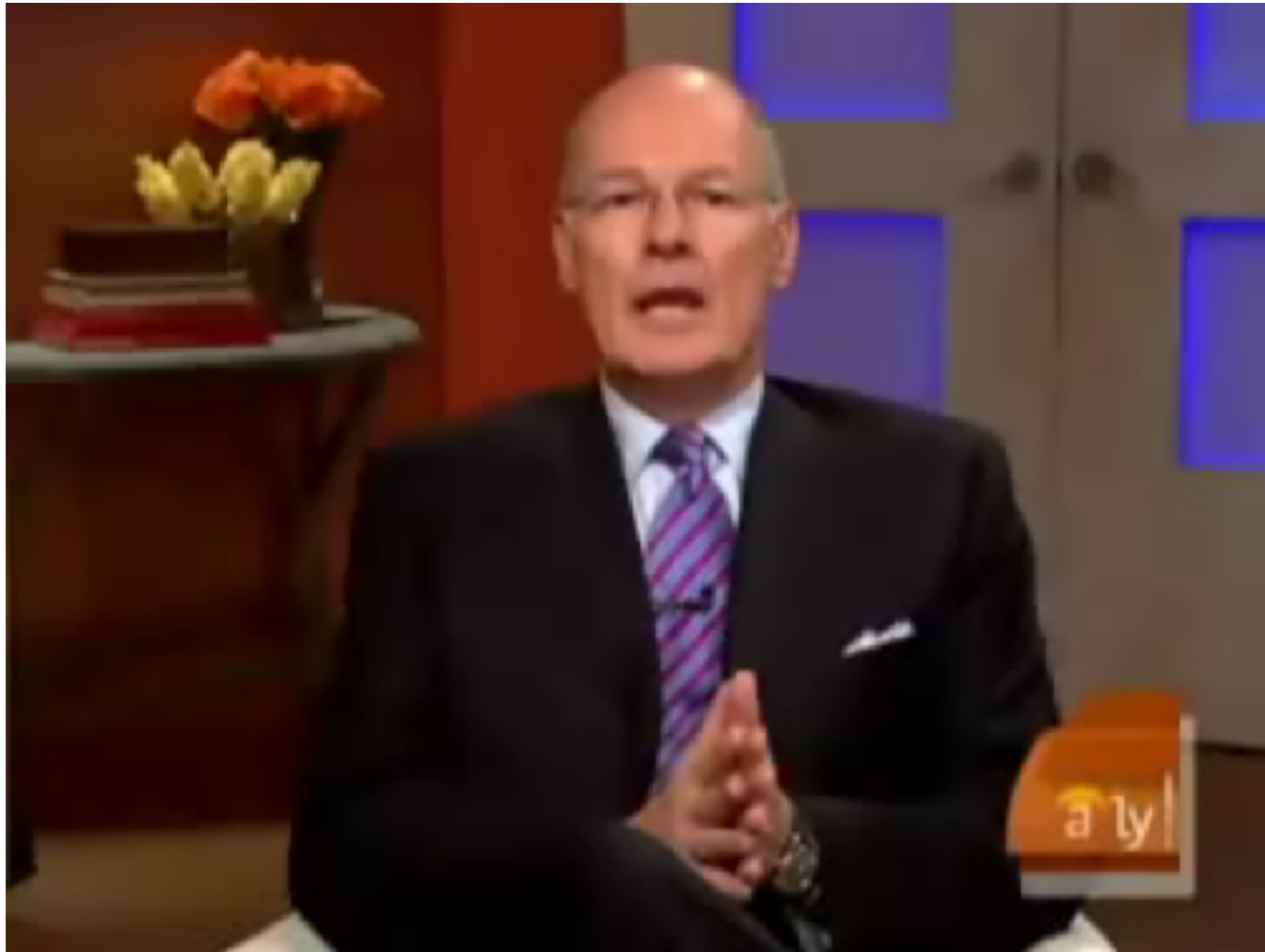
Mrs. Longval is NOT RESPONSIBLE for lost and or stolen items.



**WHO ARE
YOU IN THIS
PICTURE??**

Pumping up the BRAIN

Video



physical literacy 1

- physical literacy

physical literacy 3