General Course Information	
Prerequisite:	None
Department:	Physical and Health Education
Extra Help:	Phys. Ed. Office (Room 146)
Textbook and Replacement Cost:	n/a
Material Required:	Gym Uniform
Course Fee:	n/a

Course Description

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.

The course is organized into 2 strands:
- Living Skills
  Personal skills/ Interpersonal skills/ Critical and Creative Thinking
- Active Living
  A. Active Participation/ Physical Fitness/Safety
  B. Movement competence: Skills, Concepts and Strategies
  Movement Skills and Concepts/ Movement Strategies
  C. Healthy Living
  Understanding Health Concepts/ Making Healthy choices/Making connections to healthy living

A detailed list of the course expectations can be found at *The Ontario Curriculum, Grades 9 to 12: Health and Physical Education, 2015. Ministry of Education and Training.*

Physical Activity Content

Possible activities covered during the course:

Aquatics	Floor Hockey	Softball
Badminton	Handball	Table Tennis
Basketball	Lacrosse	Ta Kraw
Field Hockey	Low Organizational Games	Ultimate Frisbee
Fitness Training	Soccer	Volleyball
Flag Football	Tchoukball	Rock Solid Climbing School

In-Class Expectations
- **Come prepared for class with: a t-shirt/ Gym shorts or track pants (no buckles, straps)/Running or court shoes/ Pen, Pencil for Health Class.**
- **Remove all electronic equipment, jewellery and bracelets.**
- **Leave valuables in your locker and bring all your belongings into the gym or out to the field.**
- **Participate to the best of your abilities, respect and encourage your classmates.**
- **Do not bring food (including gum) or drink (except water) into the Physical Education facilities.**

Assessment and Evaluation

To promote student success, ongoing assessment and feedback will be given regularly to the students. A variety of assessment and evaluation strategies will be used in this course, including Skill Demonstration, Game Play, Journal, Pencil and Paper Tests, Quizzes, Fitness Profile, Projects, Research Assignments, 1v1 Conferences,Portfolio .
 Expectations will be evaluated based on the provincial curriculum expectations and the achievement levels outlined in the ministry document.

Expectations are organized into four categories of knowledge and skills. The categories and their corresponding weighting is as follows:

Knowledge and Understanding	25%
Thinking	5%
Communication	5%
Application	65%

Each student's final mark will be in the form of a percentage grade based on their achievement in the 4 categories on the achievement chart. The breakdown of the final mark is as followed:

Term Evaluation	70%
Final Evaluation	30%

The final Evaluation will be completed during the final 6 weeks of the course. 50% of the summative will comprise of a practical assessment of a new activity. The other 50%   may include a variety of summative activities including an exam, a presentation, a seminar, or an essay or another writing assignment.

In addition to students' performance in the achievement categories, students will also be assessed on their performance in the following learning skills:

- Responsibility
- Organization
- Independent Work
- Collaboration
- Initiative
- Self-Regulation

For specific policies on assessment and evaluation, and academic honesty, please refer to *School Procedure*s in the student agenda.