



# **2021-2022 Physical Education & Health Curriculum Information**



**“Don’t just SIT there  
on the sidelines...  
actively take steps to  
positively build your  
physical and mental  
health.”**

**“The Voice of Bernie Sanders”**

# Priorities in **ALL** of our Physical Education Courses

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## **Safety**

*All our courses and teachers prioritize physical and emotional safety.*



## **Diversity**

*All courses and activities offer a variety of diverse resources, and opportunities for all students.*



## **Inclusivity**

*Activities, lessons, and materials are accessible and adapted to meet all learning needs and interests.*



## **Active Participation**

*This is the key to success in all our activity courses. Students will have the daily opportunity to be physically and mentally engaged*



# Why Phys-ed?

## Real Quotes from Current Students



**"It's fun."**

**"You can be successful whether you are an athlete or not."**



**"It's the best."**

**"You get to PLAY!"**

**"You are encouraged to talk."**

**"You get to be social and make good connections."**



**"It makes me less stressed."**



**"It made me feel confident."**

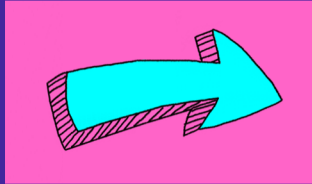




# Meet the H.P.E Department



***"These could be your teachers!"***



**ECI TEACHER INTRO VIDEO**





**2021  
2022**

**COURSE  
OFFERINGS**



# PPL – HEALTHY ACTIVE LIVING



## COURSE CODE/S:

**GRADE 9: PPL10: M/F/O\***

**GRADE 10: PPL20: M/F/O\***

**GRADE 11: PPL30: M/F**

**GRADE 12: PPL40: M/F**

## COURSE DETAILS:

*This course is focused on students being able to participate in a wide variety of traditional (basketball, soccer, etc.) and non-traditional (pilates, tchoukball, etc.) physical activities in a fun, safe, and inclusive environment.*

**\*\* THE O INDICATES THAT IT IS A CO-ED CLASS\*\*  
(NEW FOR 2021-2022)**

# TOPICS COVERED (PPL)



- **Invasion Games (Basketball, Soccer, etc.)**
- **Net-Wall Games (Badminton, Spikeball , Volleyball)**
- **Target Games (KanJam, Cornhole, etc.)**
- **Fitness/Movement (Yoga, HIIT Workouts, etc.)**
- **Low-Organizational Games**
- **Mental Health**
- **First-Aid & Concussions**
- **Nutrition**



# PAF – PERSONAL FITNESS



**COURSE CODE/S:**

**GRADE 10: PAF20: F**

**GRADE 11: PAF30: M/F**

**GRADE 12: PAF40: M/F**

**COURSE DETAILS:**

*This course will provide the knowledge, resources, and time to create, modify and achieve all your health & fitness goals. A diverse set of activities and challenges, coupled with a fitness focused health curriculum, will allow students to see great physical and mental improvements.*



# TOPICS COVERED (PAF)



- **HIIT/Interval Training**
- **Yoga/Pilates**
- **Dance/Movement/Zumba**
- **Plyometrics**
- **Weight Training**
- **Fitness & Training Principles**
- **Mental Health**
- **First-Aid & Concussions**
- **Nutrition**



# PLF – RECREATION AND HEALTHY ACTIVE LIVING **LEADERSHIP**



## **COURSE CODE/S:**

**PLF4M**  
**(CO-ED)**



## **COURSE DETAILS:**

*Build your leadership knowledge and skills through this hands-on course that will allow you to plan, implement, and run many exciting events within the ECI school community. Students will be given a diverse set of practical and applicable opportunities to put leadership theories into practice.*

# TOPICS COVERED (PLF)



- **HIIT/Interval Training**
- **Yoga/Pilates**
- **Dance/Movement/Zumba**
- **Plyometrics**
- **Weight Training**
- **Fitness & Training Principles**
- **Mental Health**
- **First-Aid & Concussions**
- **Nutrition**



# PSK – INTRO TO KINESIOLOGY

## COURSE CODE/S:

**PSK4U**  
**(CO-ED)**



## COURSE DETAILS:

*This course allows students to analyze and explore the science of exercise and movement. Learn anatomy, physiology, nutrition, sports history and more in a fun, engaging setting. Through labs, weekly quizzes, projects and presentations students will prepare themselves for post-secondary studies and professions that relate to kinesiology.*

# TOPICS COVERED (PSK)

- **Human Anatomy (Muscles, Bones, etc.)**
- **Exercise Physiology**
- **Cardiovascular System**
- **Biomechanics of Sport**
- **Sport Nutrition**
- **Fitness Principles & Training Principles**
- **Sport History**





## F.A.Q's



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**Q #1 – Can I take more than one Phys–ed course at a time?**

***Yes you can. In Grade 11 & 12 there are multiple options for you to be engaged in this subject area.***

**Q #2 – I am not super athletic. Will this affect my mark?**

***No. Your attitude, effort, co–operation, and daily active participation are the main contributors to success in Phys–ed.***

**Q #3 – Can Grade 11 's take Grade 12 Phys–ed courses?**

***Yes. Many Grade 11's are currently enrolled and excelling in Grade Phys–ed courses.***

*If you have already taken  
a few Phys-ed course you  
are eligible for our....*

# SPORT & HEALTH S.H.S.M.

## ETOBICOKE C.I. SPORTS



### CERTIFICATIONS & TRAINING

- Standard First Aid
- CPR Level C
- WHMIS & AED
- NCCP Coaching
- Leadership Skills Accreditation
- Sports Injury & Taping

### REACH AHEAD EXCURSIONS

- U of T & Waterloo Kinesiology Lab
- George Brown Campus Tour
- Humber Sport Management Tour
- Sheridan Athletic Therapy Tour



### EXPERIENTIAL LEARNING & CAREER EXPLORATION

- Job Shadowing
- Job Twinning
- Professional Sports Events: Raptors 905 & TFC
- Special Olympics Organization & Participation



### COURSE REQUIREMENTS

Credits	Apprenticeship	Workplace	College	University
PHYSICAL EDUCATION AND/OR SCIENCE	4	4	4	4
ENGLISH	1	1	1	1
MATH	1	1	1	1
ONE OF: SCIENCE, BUSINESS, SOCIAL SCIENCE	1	1	1	1
CO-OP	2	2	2	2
TOTAL	9	9	9	9

### RECOGNITION & NEXT STEPS

- Students who successfully complete the SHSM receive an embossed seal ● on their OSSD
- For more information and an application form, please visit the Phys. Ed. or Guidance Office

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# WHY SHSM?

- **Ministry recognized Red Seal on your Diploma**
- **Free Certifications (First Aid, Taping, etc.)**
- **Free Field Trips (UofT, Raptor Game, etc.)**
- **Work and Leadership Experience**
- **Eligible for exclusive SHSM scholarships.**
- **Great resume building opportunities**



**IF INTERESTED PLEASE SEE MR. WAKELIN OR MS. ALATI IN THE PHYS-ED OFFICE OR EMAIL THEM TO DISCUSS ENROLLMENT. ALL ARE WELCOME!!!**

# Thank you!

**If you have ANY questions please  
do not hesitate to ask.**

**ECI PHYS-ED WEBSITE: (UP TO DATE INFORMATION)**

**ECI PHE WEBSITE (UP TO DATE LINK)**

**Phys-ed Office: Room 153**

**Mr. Wakelin:           ryan.wakelin@tdsb.on.ca**

**Ms. Alati               ava.alati@tdsb.on.ca**

