

# Healthy Living and Aquatic Activities: Gr. 11/12 (PAQ 3/40)

## Course Outline

**Course Title:** Healthy Living and Aquatic Activities, Grade 11/12, Open (PAQ 3/40)

**Grade:** 11/12

**Course Type:** Open

**Ministry Course Code:** PAQ 3/40

**Credit Value:** 1.0

**Course Overview:** This course enables students to further develop the knowledge and skills they need to make healthy choices. It places special emphasis on how students can maintain the habits of healthy, active living throughout their lives as they make the transition to adulthood and independent living. Through participation in a wide range of physical activities in a variety of settings, students can enhance their movement competence, personal fitness, and confidence. 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.

STRANDS	OVERALL EXPECTATIONS
Living Skills	<ul style="list-style-type: none"> <li>Demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence and Healthy Living strands for this grade</li> </ul>
Active Living	<ul style="list-style-type: none"> <li>Participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of factors that can influence and support their participation in physical activity now and throughout their lives</li> <li>Demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living</li> <li>Demonstrate responsibility for their own safety and the safety of others as they participate in physical activities</li> </ul>
Movement Competence: Skills, Concepts and Strategies	<ul style="list-style-type: none"> <li>Perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities</li> <li>Apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities</li> </ul>
Healthy Living	<ul style="list-style-type: none"> <li>Demonstrate an understanding of factors that contribute to healthy development</li> <li>Demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being</li> <li>Demonstrate the ability to make connections that relate to health and well-being—how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being</li> </ul>

**Course Content/Units:**

This course is divided into a number of aquatic, fitness and health units throughout the semester. Each unit will focus on a particular activity or topic, and will last approximately 10 classes. Activity-based units may include:

- Swimming Strokes and Skills (freestyle, backstroke, breaststroke, butterfly, flip turns, diving)
- Aquatic Games (water polo, board ball, aquatic basketball etc.)
- Lifesaving Skills (rescues, entries, carries, removals, etc.)
- Body Management Activities (e.g. fitness/aquatic fitness)

In addition to activity-based units, students will take part in a small number of health-based units during the course. Topics to be explored during these units will include: Nutrition and Healthy Eating, Personal Safety and Injury Prevention, CPR/Choking, First Aid, as well as Human Development and Sexual Health.

## **PPL 40 Key Learnings and Achievement Chart Categories**

70% of the final grade is based on evaluation conducted throughout the course and is based on four achievement chart categories: Application, Knowledge/Understanding, Thinking, and Communication. The key learning for each achievement category is listed below:

### **Term Mark (70%)**

<b><u>ACHIEVEMENT CATEGORY</u></b>		<b><u>KEY LEARNING</u></b>	
APPLICATION	45%	Participation and Safety	35%
		Movement Skills	10%
KNOWLEDGE/UNDERSTANDING	12%	Sports Rules, Strategies and Quizzes	4%
		Health Test and Presentation	8%
THINKING/INQUIRY	3%	Fitness/Health Assignments	3%
COMMUNICATION	10%	Social Skills	10%

### **Culminating Activities (30%)**

30% of the final grade is based on final evaluations administered at or towards the end of the course. The evaluations for this course are listed below:

1. First Aid/CPR and Lifesaving Situations – 15%
2. Sport Skills Demonstration – 9%
3. Fitness Appraisal-6%

