

# HEALTHY ACTIVE LIVING EDUCATION, GRADE 10 (PPL 20)

## Class Expectations



### 1) GOOGLE CLASSROOM AND CLASS ANNOUNCEMENTS

Class announcements and reminders will be posted on Google Classroom. If you plan to use a mobile device, it is encouraged you turn your notifications “ON” so that you do not miss any important information posted there.

### 2) SOCIAL DISTANCING, PPE, AND STUDENT RESPONSIBILITIES

Students must adhere to social distancing rules and guidelines outlined by the TDSB and Toronto Public Health. Students are also encouraged to practice proper hand hygiene. Whenever possible, Physical Education classes will be held outdoors. Masks or face coverings must be worn based on specific class activities (further explanation will be given). Students are expected to wear their masks/face coverings while participating in indoor physical activity sessions, with some exceptions. Students should bring an extra mask with them to school.

Students will be provided cleaning materials to assist with the cleaning of gym equipment before and after personal use.

### 3) IN-CLASS AND VIRTUAL ATTENDANCE

**IN-CLASS ATTENDANCE:** Regular, daily and positive participation in PPL 20F/M classes is essential to your success in this activity-based course. If you are absent, a daily participation mark cannot be assigned. **Students are responsible for any missed work while absent.** All absences must be properly documented through a phone call or email to the main office from a parent/guardian, in keeping with the school policy for absences and attendance.

**Special Circumstances:** *In the event of an injury that will affect a student’s ability to participate over an extended period of time, the student must notify the teacher and main office immediately so that accommodations can be made. In most circumstances, students will complete an alternative assignment until they are able to participate again in class (students are still expected to complete all written evaluations for the unit).*

**\*\*VIRTUAL CLASS ATTENDANCE:** Attendance will be recorded on a daily basis at the beginning of each daily session of the PPL 20F/M course. A daily participation and learning skills mark will also be assigned based on the daily task that is assigned and submitted. **(FOR VIRTUAL STUDENTS ONLY)**

### 4) PARTICIPATION

It is expected that you will participate **TO THE BEST OF YOUR ABILITY** in all activities in every class during the semester. **Participation counts for a very large portion of your final mark—you will be given a daily mark for participation.** In addition, students will also be given a daily mark for their ability to demonstrate positive and respectful social skills.

Daily Participation Expectations	Daily Social Skills Expectations
<ul style="list-style-type: none"><li>➤ Arrive on time to class</li><li>➤ Dressed in proper athletic attire</li><li>➤ Listen while instructions are given by teacher</li><li>➤ Participate in all class activities to the best of your ability</li><li>➤ Help set up/take down and clean equipment</li><li>➤ Demonstrate skills or answer questions</li></ul>	<ul style="list-style-type: none"><li>➤ Willingness to co-operate with a positive attitude</li><li>➤ Willingness to engage in fair play and show appropriate classroom etiquette</li><li>➤ Listen while instructions are given by teacher</li><li>➤ Show respect for, work co-operatively with, and encourage classmates and group/team members</li><li>➤ Assist other students with skills</li></ul>

## 5) GYM ATTIRE

**PLEASE ATTEND ALL CLASSES ALREADY DRESSED FOR INDOOR AND/OR OUTDOOR PHYSICAL ACTIVITY SESSIONS.** Activities may take place indoors or outdoors and will last for the duration of the period. **All students** enrolled in Health and Physical Education courses are required to wear athletic attire **to ALL IN-PERSON ACTIVITY BASED CLASSES.** Acceptable athletic attire consists of a t-shirt, the student's choice of athletic bottoms (i.e. shorts, sweatpants, leggings), and **INDOOR RUNNING SHOES.** Be mindful of your clothing choice and ensure your clothing choice will allow you to comfortably and actively participate to the best of your abilities. **It is the responsibility of the student to be dressed appropriately for outdoor weather conditions. Having a separate pair of OUTDOOR shoes is highly recommended especially during snowy, wet, wintry weather.** Wet boots and/or shoes will not be permitted for use in the gym or physical activity space. Students who are not dressed suitably may not be allowed to participate during that day's activities for safety reasons. Repeatedly arriving to class unprepared may have an impact on your final mark.

## 6) PUNCTUALITY

You are expected to be on time for all your classes. For activity based days (i.e. Fitness room, gym, field activities, pool activities), you are expected to be in the assigned location. Should you need to change at the end of class you will be given a few minutes to change, in the designated change room, following the teachers' instructions regarding safe practices. Once done, you must stay in the designated area assigned by your teacher, until the bell rings and you are dismissed. **YOU ARE NOT TO LEAVE BEFORE THE BELL!**

## 7) CHANGE ROOMS

If needed, space and usage of the change rooms will be limited to a certain number of students at a time. The number of students allowed in the change room will be based on change room size and layout. Your teacher will let you know how many students can be in the change room at a time. Masks must be worn at all times & physical distancing must be enforced in the change room. Please keep the change rooms clean as other classes may share this space throughout the day. Changing in the gym and the gym's common spaces is **NOT ACCEPTABLE.** Change room doors **will not** be locked during class time, so please do not leave any belongings in the change room. **\*\*Bags/belongings will be brought down to the gym/fitness room and when classes go outside, bags will be locked in a pre-arranged designated location.**

## 8) VALUABLES (including PHONES)

Keep your valuables with your personal belongings at all times during class. For safety purposes, cell phone use is **NOT** permitted during instructional and activity periods or students risk confiscation as per the school policy on electronics.

## 9) JEWELLERY

You should not wear any type of jewelry (rings, earrings, bracelets etc.) when participating in gym class, as serious injuries may occur. Jewelry that cannot be removed must be taped every class.

## **10) WASHROOM BREAKS**

Please use the washroom before class commences to avoid missing out on the day's activities. If needed, you must ask the supervising teacher for permission before leaving the activity area. Masks must be worn at all times in any of the washroom facilities.

## **11) WATER BOTTLES**

It is strongly suggested that you bring ONE refillable, NON-GLASS water bottle to every class, since you will be active and need to stay hydrated. Access to drinking fountains will not be accessible for outdoor-based activities.

## **12) NOTES & ORGANIZATION**

In addition to physical activity, you may be required to record notes or be provided with handouts during in-class instruction. You are expected to bring your own binder or folder and all other class materials (lined paper, pens/pencils, etc).

# Healthy Active Living Education: Gr. 10(PPL 20)

## Course Outline

**Course Title:** Healthy Active Living Education, Grade 10, Open (PPL 20)

**Grade:** 10

**Course Type:** Open

**Ministry Course Code:** PPL 20

**Credit Value:** 1.0

**Course Overview:** This course emphasizes regular participation in a wide variety of enjoyable physical activities that promote lifelong healthy active living. Students will apply movement principles and sport/game strategies to refine skills, and actively participate in sports and games to enhance their personal competence and personal fitness. They will investigate and examine issues related to healthy sexuality, healthy eating, substance use and abuse, and will participate in activities designed to apply informed decision-making, conflict resolution and social skills in making personal choices.

### **Key Learning:**

- Physical Activity: Movement Skills and Principles  
Sports and Recreation
- Active Living: Active Participation  
Physical Fitness  
Safety
- Healthy Living: Healthy Growth and Sexuality  
Substance Use and Abuse  
Personal Safety and Injury Prevention
- Living Skills: Decision Making  
Conflict Resolution  
Social Skills



### **Course Content/Units:**

This course is divided into a number of units throughout the semester. Each unit will focus on a particular activity or topic, and will last approximately 8-9 classes. Activity-based units may include:

- Invasion/Territory Activities (e.g. soccer, basketball, ultimate)
- Net/Wall Activities (e.g. volleyball, badminton)
- Striking/Fielding Activities (e.g. softball, cricket)
- Target Activities (e.g. Bocce Ball, bowling, croquet)
- Body Management Activities (e.g. fitness/cross-training, aquatics)

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 may include: healthy growth and sexuality, healthy relationships, personal safety and injury prevention related to violence, threats and accidents, decision making and conflict resolution.

## PPL 20 Key Learnings and Achievement Chart Categories

### Term Mark (70%)

#### ACHIEVEMENT CATEGORY

#### KEY LEARNING

**APPLICATION – 45%**

PARTICIPATION & SAFETY (35%)  
MOVEMENT SKILLS (10%)

**KNOWLEDGE/UNDERSTANDING – 10%**

SPORTS RULES/STRATEGIES (quizzes etc.) (5%)  
HEALTH ASSIGNMENTS, TEST (5%)

**THINKING/INQUIRY – 5 %**

FITNESS/HEALTH ASSIGNMENTS

**COMMUNICATION – 10%**

FITNESS/HEALTH ASSIGNMENTS (5%)  
SOCIAL SKILLS (5%)

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**TOTAL: 70% (TERM MARK)**

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

1. Fitness Appraisal – 5%
2. Skill Assessment – 10 %
3. Exam (TBD)- 15 %

\*Culminating Activities (both activities and weighting) are subject to change throughout the semester