



# GEORGE S. HENRY ACADEMY COURSE OUTLINE



## COURSE NAME

<b>COURSE CODE</b>	Healthy Active Living Education	<b>GRADE</b>	10
<b>TEACHER(S)</b>	Mr. DeCoste	<b>CREDIT VALUE</b>	1
<b>DEPARTMENT</b>	Health and Physical Education	<b>PREREQUISITE</b>	None

### COURSE DESCRIPTION:

This course emphasizes students' daily participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement techniques and principles, ways to improve personal fitness and physical competence, and safety/injury-prevention strategies. They will investigate issues related to healthy living by understanding major health concepts, learning how to make healthy choices and gain insight on how to make these connections to link their personal health and well-being to others and the world around them.

Additional information can be found at: <http://www.edu.gov.on.ca/eng/curriculum/secondary/subjects.html>

### COMMUNICATION

Please direct all questions or concerns regarding student progress or program of study to the course teacher, Mr. DeCoste. Please call the main office to leave a message at 416-395-3240. Department information and links to teacher websites are available through the school website: <http://schools.tdsb.on.ca/gshenry> or **download our new school APP.**

### CONCRETE LEARNING RESOURCES

No textbooks used in this course

### DIGITAL LEARNING RESOURCES

- Henry School App
- Google Classroom

### GEORGE S. HENRY ACADEMY'S COURSE WORK POLICY

For each evaluation, Mr. DeCoste will inform students of the **due date** and the **ultimate deadline**. The ultimate deadline is the last opportunity for students to submit an assignment for evaluation. Teachers may also use a variety of other methods for dealing with late and missed assignments at their discretion.

#### Strategies to assist students in meeting deadlines include:

- Peer tutoring
- Using the school app
- Using a personal agenda
- Seeking extra help from teachers
- Requesting for assistance with time management and organizational skills
- Getting help from parents/guardians
- Getting help from a caring adult in the school

## ASSESSMENT AND EVALUATION OF STUDENT ACHIEVEMENT

Each course follows an achievement chart which enables teachers to make judgements about student work that are based on clear performance standards and on a body of evidence collected over time. Additional information can be found on the Ministry of Education website noted within the course description.

### ACHIEVEMENT CHART CATEGORIES

**Knowledge and Understanding (K & U):** Subject-specific content acquired in each course (knowledge), and the comprehension of its meaning and significance (understanding)

**Thinking (T):** The use of critical and creative thinking skills and/or processes

**Communication (C):** The conveying of meaning through various forms

**Application (A):** The use of knowledge and skills to make connections within and between various contexts

### COURSE WORK (70% of your overall grade)

Categories	%	Possible Assessments of Learning
<b>K &amp; U</b>	<b>14</b>	<p><b>Knowledge of content</b> (facts, terms, procedural skills, use of tools) <i>Ex. (write example here)</i></p> <p><b>Understanding of content</b> (Understanding of mathematical concepts) <i>Ex. (write example here)</i></p>
<b>T</b>	<b>7</b>	<p><b>Use of planning skills</b> – understanding the problem (e.g., formulating and interpreting the problem, making conjectures) – making a plan for solving the problem <i>Ex. (write example here)</i></p> <p><b>Use of processing skills</b> – carrying out a plan (e.g., collecting data, questioning, testing, revising, modelling, solving, inferring, forming conclusions) – looking back at the solution (e.g., evaluating reasonableness, making convincing arguments, reasoning, justifying, proving, reflecting) <i>Ex. (write example here)</i></p> <p><b>Use of critical/creative thinking processes</b> (e.g., problem solving, inquiry) <i>Ex. (write example here)</i></p>
<b>C</b>	<b>7</b>	<p><b>Expression and organization of ideas and information</b> (e.g., clarity of expression, logical organization), using oral, visual, and written forms (e.g., pictorial, graphic, dynamic, numeric, algebraic forms; concrete materials) <i>Ex. (write example here)</i></p> <p><b>Communication for different audiences and purposes</b> (e.g., peers, teachers) and purposes (e.g., to present data, justify a solution, express a mathematical argument) <b>in oral, visual, and written forms</b> <i>Ex. (write example here)</i></p> <p><b>Use of conventions</b> (e.g., terms, symbols) in oral, visual, and written forms <i>Ex. (write example here)</i></p>
<b>A</b>	<b>42</b>	<p><b>Application of knowledge and skills in familiar contexts</b> <i>Ex. (write example here)</i></p> <p><b>Transfer of knowledge and skills to new contexts</b> <i>Ex. (write example here)</i></p> <p><b>Making connections within and between various contexts</b> (e.g., connections between concepts, representations, and forms within mathematics; connections involving use of prior knowledge and experience; connections between mathematics, other disciplines, and the real world) <i>Ex. (write example here)</i></p>

## FINAL EVALUATION (30% of your overall grade)

Type	Description	%
Culminating Task(s)	1. <b>Fitness Assessments.</b> Students will be evaluated on their fitness development through a series of Fitness Assessments. Consideration is given to individual effort, overall performance as well as improvement throughout the course.	7.5%
	2. <b>Tournaments.</b> Students must demonstrate proper techniques of the skills taught in class. Assessment takes place during tournaments held in class. Students are assessed on the following: Movement Skills, Concepts, Strategies and Tactics, Active Participation, Interpersonal Skills (Communication, Relationship and Social Skills)/Team Play  Safety. Personal safety and safety of others during physical activity	7.5%
Exam	3. <b>Health and Physical Education Exam.</b> Assessment will be based on knowledge that the students learned throughout the year in both Health and Physical Education classes.	15%

## UNITS OF STUDY/COURSE ROAD MAP (subject to change)

Unit	Dates	Days	Activities
1	Feb. 1 - Feb. 8	6	Floorball/ Co-op Games/Fitness Assessments
2	Feb. 11 - Feb. 14	4	Basketball
3	Feb. 19 - Feb. 22	5	Healthy Concepts
4	Feb. 25 - Mar. 1	5	Weight Training
5	Mar. 4 - Mar. 8	5	Volleyball
6	Mar. 11 - March 15		March Break
7	Mar. 18 - Mar. 29	9	Badminton/ Fitness Leadership
8	Apr. 1 - Apr. 12	9	Swimming/Healthy Choices
9	Apr. 15 - Apr. 26	10	International Games/Rugby-Football
10	Apr. 29 - May 10	10	Soccer/ Healthy Connections
11	May 13 - May 24	9	Softball/Track and Field
12	May 27 - May 31	5	Ultimate
13	June 3 - 18	12	Culminating Assignments - Assessments and Tournaments
14	June 19		Exams Start

EACH UNIT FOCUSES ON MAXIMUM PARTICIPATION, SKILL DEVELOPMENT,

SAFETY AND OF COURSE HAVING  AT THE SAME TIME

## GEORGE S. HENRY ACADEMY'S LATE & MISSED EVALUATION POLICY

It is the responsibility of the student to make arrangements with Mr. DeCoste for any missed course material and/or assignments. Extenuating circumstances will be considered on a case-by-case basis.

## GEORGE S. HENRY ACADEMY'S ACADEMIC DISHONESTY POLICY

Cheating and plagiarism will not be condoned. For more information, refer to the Academic Honesty Policy found in the Student Handbook. The Student Handbook can be found in the George S. Henry Academy app.

## SPECIALIST HIGH SKILLS MAJOR (SHSM) REQUIREMENTS

GRADE 11 AND 12 CREDITS	ENVIRONMENT	HEALTH & WELLNESS	HOSPITALITY & TOURISM
Major Credits	4	4	4
English ( <i>including a CLA*</i> )	2	1	1
Mathematics ( <i>including a CLA</i> )	1	1	1
Science or Social Sciences and Humanities ( <i>including a CLA</i> ) ( <i>May be substituted with 1 coop credit</i> )	-	1	-
Business Studies or Science ( <i>including a CLA</i> ) ( <i>May be substituted with 1 coop credit</i> )			1
Cooperative Education	2	2	2
<b>TOTAL</b>	<b>9</b>	<b>9</b>	<b>9</b>

\*Contextualized Learning Activity

### Health and Physical Education Department Policies

Each of the policies listed below is clearly linked to the *Learning Skills and Work Habits*. It is imperative that students and parents/guardians take the time to read through the following information, and speak with a Phys Ed teacher if you have any questions.

1. **Regular attendance in this course is essential for success.** In order to demonstrate achievement of course expectations you must be present in class, **and** fully participate. Please note that active participation in the course is worth the majority of the overall grade. Therefore, absences will negatively affect overall student achievement. You must attend and participate fully in order to be successful in this course.
2. Please be prompt for each class. Lateness for class will not be tolerated.
3. You must be in an acceptable PE uniform at all times when participating in PE class. The following points are considered "acceptable":
  - The GSHA PE t-shirt (sold in PE office and through School Cash On Line);
  - **Athletic** shorts ( not cargo shorts, beach shorts, boxers, "short shorts", etc.)
  - **Athletic** pants (sweats, windpants, yoga pants)
  - **Athletic fitting** t-shirt (logo must be appropriate for school wear).
  - Athletic socks and running shoes. Shoes **MUST** be tied correctly.
  - Warm clothing must be worn when we go outside for classes (pants, mitts, hat, jacket, sweater, etc.).