

# MALVERN C.I. HEALTH & PHYSICAL EDUCATION DEPARTMENT

## PPL - HEALTHY ACTIVE LIVING EDUCATION COURSE OUTLINE

This course equips students with 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.



**Evaluation:**

<p><b>Application</b> Daily effort and performance, active participation, demonstration of guidelines and procedures, movement skills and principles, safety skills, etc.</p>	55-65%
<p><b>Knowledge/Understanding</b> Quizzes, tests, projects, discussion, in-class question and answer, skill analysis, demonstrations, in class assignments etc.</p>	10-20%
<p><b>Thinking/Inquiry</b> Goal setting, critical analysis, reviews, self-evaluations, research projects, etc</p>	10-20%
<p><b>Communication</b> Oral and written presentations, personal journals, training logs, personal reflections, class discussions, portfolios, self assessment, seminars, etc.</p>	10-20%

**Culminating Activity:** Note - For the 2023-24 school year, the culminating activity will be a multi-part project worth 30% of the final grade (10% Active Living, 10% Movement Competence, 10% Healthy Living).

## Overall Curriculum Expectations/Key Learnings:

Strand	Expectation	Overall Expectations
<b>A. Active Living</b>		
A1. Active Participation		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
A2. Physical Fitness		Demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living
A3. Safety		Demonstrate responsibility for their own safety and the safety of others as they participate in physical activities
<b>B. Movement Competence</b>		
B1. Movement Skills and Concepts		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
B2. Movement Strategies		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
<b>C. Healthy Living</b>		
C1. Understanding Health Concepts		Demonstrate an understanding of factors that contribute to healthy development
C2. Making Healthy Choices		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
C3. Making Connections for Healthy Living		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
<b>Living Skills</b>		

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

**Calculation of Final Mark:**

Semester Work 70%

Culminating Assessment 30%

**Learning Skills Assessment:** These skills will be assessed throughout the course and will be reflected on the report card.

**Skills**

**Rating Scale**

Works Independently	E – Excellent
Teamwork	G – Good
Organization	S – Satisfactory
Work Habits	N – Needs Improvement
Initiative	

**Expectations:** Students are expected to attend class regularly and punctually. Time will be given for changing during activity sessions. When possible, school related or other foreseen absences should be communicated to the teacher ahead of time. Extended absences due to illness or other circumstances, may require a doctor's note. Opportunities for missed participation will only be made with suitable documentation.

Students must come to class prepared in **appropriate athletic attire**, and, when required, have suitable academic materials.

If you need to contact me outside class time, you can email me at:

Teacher Email:

Teacher Phone Number:

