***Oakwood Collegiate Institute***

*991 St. Clair Ave, West. Toronto, Ontario M6E 1A3 416-393-1780*

*Website:* [*http://schools.tdsb.on.ca/oakwoodci/*](http://schools.tdsb.on.ca/oakwoodci/)

***Course Outline:***

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| ***Academic Year 2019-20*** | ***Teacher Name:***  |
| ***Department: Health & Physical Education***  | ***CL / ACL: Anthony Miller***  |
| **Course Title** | Healthy Active Living  | **Course Code** | **PPL 2OF/M** |
| **Prerequisite** | None  | **Grade**  | 10 |
| **Level** | Open  | **Credit Value** | 1 |

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| **Course Description** |
| **Ontario Ministry of Education Document:** |
| This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness, safety and injury prevention. They will investigate issues related to healthy sexuality, healthy growth and development, CPR, and injury prevention, and will participate in activities designed to develop goal setting, communication, and social skills. |
| **Textbook and Other Resources:**  |
| Students must change into appropriate and acceptable gym clothing at the beginning of each activity class. This would include the following:**Uniform package - includes shorts and 2 T-Shirt - $35*** “Oakwood” athletic Gray T-shirt - $10
* “Oakwood” athletic Navy T-shirt - $10
* “Oakwood” navy blue athletic shorts - $15

**Optional: athletic sweatpants - $30** Students will also need a 1-inch, 3-ring binder with 5 dividers for notes and handouts. This is to be kept up to date and should be brought to ALL health classes. |
| **Attendance and Punctuality:** Regular attendance and punctuality contribute to student success and achievement; therefore, it is expected that students attend classes and be on time for each subject. If a student has an anticipated absence (e.g. field trips, sports event, medical appointment), it is expected that s/he speaks with the teacher prior to the date to discuss alternative assessment arrangement or missed content. In the case of illness or family emergency on a date for an Assessment of Learning assignment/task, it is expected that the parent/guardian or the student (it 18 years or older) notify the classroom teacher.  |

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| **Course Overview: Instructional Strands/Units** |
| ***Unit Titles*** | ***Unit Description*** | ***Assessment & Evaluation Tasks*** |
| **FITNESS** **(2)** | * The Health components of fitness.
* Benefits of a warm-up and cool down.
* Fitness Testing
 | Unit Participation (App) Fitness Plan Development (K/U) |
| **BASKETBALL**  | * R/L hand Dribble
* Passing (Chest, Bounce, baseball)
* Shot development
 | Participation (App) Game Play (T/I)  |
| **NUTRITION**  | * Essential Nutrients
* Canada Food Guides
* Sport Nutrition
 | Participation (App)Unit Project/Presentation (Comm., K/U, T/U.) |
| **FIELD HOCKEY**  | * Basic Knowledge of Game
* Passing Fundamentals
* Fitness Development
 | Participation (App) Game Play (K/U) |
| **INTERACTIVE GAME**  | * Group cooperation and trust
 | Participation (App)  |
| **DRUG USE & ABUSE**  | * What do I know about drugs?
* The continuum of drug use
* The effects of substance use
* Drug dependence and drug laws
 | Participation (App) Magazine Feature Assignment &Presentation (K/U, T/I, Comm., App) |
| **VOLLEYBALL**  | * Overhead and Forearm Pass
* Serve (Underhand and Overhand)
* Basic game play and rotations
 | Participation (App) Game Play (T/I)  |
| **FLOOR HOCKEY** | * Basic ball handling and passing
* Shooting (wrist and backhand)
* Basic game play
 | Participation (App) Game Play (T/I)  |
| **SOCCER**  | * Dribbling, passing, shooting
* Basic game play
 | Participation (App) Game Play (T/I)  |
| **FLAG FOOTBALL**  | * Passing and Catching
* Development of route running
 | Participation (App) Game Play (K/U)  |
| **BADMINTON**  | * Serving (Long and Short)
* Overhead clear and underhand clear
* Basic game play
 | Participation (App) Technical development (K/U) Basic Game Play (T/I)  |
|  **ULTIMATE**  | * Forehand/Backhand flick
* Getting Open/making space
 | Participation (App) Technical development (K/U) Basic Game Play (T/I) |
| **SUMMATIVE EVALUATION**  | * Fitness Portfolio (10%)
* Summative Project (10%)
* Transferable Skills Test (10%)
 | Fitness Portfolio Reflection (K/U, COMM, T/I) Movement Skills and Principles (Application)  |

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| **Learning Supports for Students** |
| Supports for Students with Individual Education Plans (IEP’s)Subject teachers provide accommodations and modifications as outlined on student IEP’s. Support may include: organizational support, additional time, graphic organizers, and reduced workload, chunking of information, note-taking assistance, assistive technology (computer), and preferential seating. |
| Extra Help* Teachers post the time that they are available for extra help in their classrooms. Students are encouraged to speak with their teachers to arrange other times as required.
* Students can also see their Guidance Counselor for information on other academic supports available.
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| **Student Evaluation Criteria** |
| **Term Work** | **Culminating Activities** |
| **Curricular Strands** |
| Application  | 40%  | Fitness Portfolio | 10% |
| Knowledge/Understanding | 13% | Cardio-vascular Test | 10% |
| Communication  | 8.5% | Transferable skills Analysis | 10% |
| Thinking  | 8.5%  |  |  |
| *Term Work 70%* | *Culminating Activity Total 30%* |

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| **Report Card Schedule** |
|  | **1st Report Card** | **2nd Report Card** | **Interim****Report Card** | **Final****Report Card** |
| **Report Cards** | Nov. 20, 2019 | Feb. 7, 2020 | April 16, 2020 | June 28, 2020 |
| **Parent-Teacher Interviews** | Nov. 28, 2019 | Feb. 13, 2020 |  |  |

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| **Assessment of Learning Skills** |
| **Independent Work** – Uses class time appropriately to complete tasks |
| **Collaboration** – Accepts various roles and an equitable share of work in a group |
| **Organization** - Arrives to class prepared and on time, meets deadlines with quality work and maintains a complete notebook |
| **Responsibility** – Fulfils responsibilities and commitments within the learning environment |
| **Initiative** – Looks for and acts on new ideas and opportunities for learning |
| **Self-Regulation** – Sets own individual goals and monitors progress towards achieving them |

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| ***Department Expectations, Policies and Procedures*****Timely Completion and Submission of Assignment for Evaluation:**Students are responsible for providing evidence of their learning within established timelines. For students who know in advance that they are unable to complete an assignment/assessment, they must communicate with the teacher before the due date. For a student who does not approach the teacher PRIOR to the due date for the assignment, OR a student who misses performance assessment (presentation, demonstrations, tests), the following intervention may be applied to address late and missed assignment where, in the teachers' professional judgement, it is appropriate to do so: 1. Talking with the student to determine why s/he was absent.
2. Asking the student to submit partly completed work if it can be assessed. This assessment may include giving feedback so that the assignment can be completed.
3. Planning appropriate interventions which may include additional support from the subject teacher, Guidance, Special Education, Student Success and Administration to further prepare the student for the assessment.
4. Contacting the student’s parent/guardian and/or the student who is over 18, to make them aware of the situation and action plan for success.
5. Deducting up to 10% from the final mark of a late assignment/performance.

**Note:** A mark of zero is recorded for missing assignment/performance if the student still does not submit evidence of learning after interventions have been applied/offered. Special circumstances may be discussed with teacher/administrators.  |
| **Technological Devices:** Oakwood Collegiate supports the use of technology to enhance learning. Students are expected to use technology respectfully at all times. Students who use their personal devices in the classroom without teacher permission and/or when teacher-directed instruction is occurring disrupt the learning environment for all. Working together we can ensure the appropriate use of technology by all members of our school community. There are consequences for students who choose to disrupt the learning environment and parents/guardians will be contacted. |
| **Rules regarding Uniform and Equipment:*** For safety reasons, no jewelry is to be worn during activity classes.
* Long hair should be tied back.
* No headgear is permitted in the gym areas
* **Students are encouraged to bring personal plastic water bottles to class. For health reasons water bottles MUST NOT be shared. Be sure to identify you own water bottle.**

**Dressing Rooms:**All students must change into their gym clothes in the dressing rooms. **Changing clothes in the gym or bleacher area is not allowed.****Valuables:****DO NOT** bring valuable or money to the gym area; lost or stolen items will be at owner’s expense.  |