

RICHVIEW COLLEGIATE INSTITUTE

PROGRAM AREA: Health and Physical Education	COURSE NAME: Healthy Active Living
COURSE CODE: PPL 10F	GRADE/LEVEL: 9
PREREQUISITE: N/A	CREDIT VALUE: 1.0

Cost of Textbook/equipment replacement: _____
(if lost or damaged)

Additional Course Costs: __\$30__

Textbooks(s)/Resources:

School T-shirt and Shorts (\$30)

COURSE DESCRIPTION:

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. They investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs, and participate in activities designed to develop goal-setting, communication, and social skills.

CURRICULUM STRANDS (UNITS) and OVERALL EXPECTATIONS:

CURRICULUM STRANDS

- **Physical Activity**
demonstrate personal competence in applying movement skills and principles
demonstrate knowledge of guidelines and strategies that enhance participation in recreation and sport activities.
- **Active Living**
participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation
demonstrate improvement in personal health-related physical fitness
demonstrate safe practices regarding the safety of themselves and others
- **Healthy Living**
identify the factors that contribute to positive relationships with others
explain the consequences of sexual decisions on the individual, family and community
demonstrate personal strategies to deal effectively with the social influences that contribute to the use and abuse of alcohol, tobacco, and other drugs (e.g., cannabis)
identify strategies to minimize potentially dangerous situations (e.g., violence prevention, injury prevention).
- **Living Skills**
use appropriate decision-making skills to achieve goals related to personal health
explain the effectiveness of various conflict resolution processes in daily situations
use appropriate social skills when working collaboratively with others.

Levels of Achievement:

Percentage Grade Range	Achievement Level	Summary Description
80 – 100 %	Level 4	A very high to outstanding level of achievement. Achievement is above the provincial standard.
70 – 79%	Level 3	A high level of achievement. Achievement is at the provincial standard.
60 – 69%	Level 2	A moderate level of achievement. Achievement is below, but approaching, the provincial standard
50 – 59%	Level 1	A passable level of achievement. Achievement is below the provincial standard.
Below 50%		Insufficient achievement of curriculum expectations. A credit will not be granted.

Assessment and Evaluation

Assessment and Evaluation are based on the expectations and levels of achievement outlined in the provincial curriculum document for each subject. A wide range of assessment and evaluation opportunities allows students to demonstrate their learning in a variety of ways. This information provides the basis for reporting student grades on the Provincial Report Card. A final mark will be calculated using the following categories or strands.

70% Course Evaluation: (70% of the final mark will be based on evaluations conducted throughout the course)
All four achievement categories/strands do not need to be evaluated in each evaluation task.

Communication (%)	Knowledge/Understanding (%)	Thinking and Inquiry (%)	Application/Making Connections (%)
10	20	5	65

30% Final Evaluation: (30% of the final mark will be based on a final evaluation in the form of culminating activities).

- Components of Summative Evaluation:**
1. Fitness Evaluation 10 %
 2. Presentation 20%

**** A detailed explanation of the culminating activity/activities will be distributed to students in the class.**

Learning Skills: The report card provides a record of the learning skills, demonstrated by the student in every course in the following five categories: Works Independently, Teamwork, Organization, Work Habits/Homework, and Initiative. The learning skills are evaluated using a four-point scale (E-Excellent, G-Good, S-Satisfactory, N-Needs Improvement).

Please refer to the Student Agenda Planner for details regarding the Achievement Chart and Learning Skills.