

**CANTERBURY HIGH SCHOOL**  
Ottawa District School Board  
**Health and Physical Education Department**  
Semester II – 2010/11 –Course Outline  
Course Instructor: Kelly Searle

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**Course Title :** Healthy Active Living  
**Course Code :** PPL 40  
**Prerequisite :** None

**Grade Level :** 12  
**Credit Value :** 1

**Course Overview :** 110 hours

The development of sound learning skills is essential to the success of our students. Teachers and students will work together to understand and further the development of the students learning skills in the areas of initiative, work habits, organization, team work and independent work. At Canterbury students who earn a place on the honour role must exhibit learning skills in all courses.

The Healthy Active Living course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness, and health; examination of issues related to healthy sexuality, injury prevention, mental health; and the use of informed decision-making, conflict resolution, and social skills in making personal choices.

**Course Expectations**

**Strand: Active Living**

**Expectations:** *By the end of the course, students will:*

- participate regularly in a balanced instructional program that includes a wide variety of physical activities that encourage lifelong participation;
- develop personal health-related physical fitness;
- demonstrate responsibility for their personal safety and the safety of others.

**Strand: Living Skills**

**Expectations:** *By the end of the course, students will:*

- use decision-making and goal-setting skills to enhance their daily lives;
- demonstrate an understanding of the importance of respect for self and respect for others in reducing conflict in their personal lives;
- use social skills to work effectively in groups and enhance relationships.

**Strand: Physical Activity**

**Expectations** *By the end of the course, students will:*

- demonstrate personal competence in applying complex movement skills and principles;
- apply the guidelines and strategies that enhance participation in recreational and sports activities.

**Strand: Healthy Living**

**Expectations:** *By the end of the course, students will:*

- describe how society and culture affect individual perceptions and expressions of sexuality;
- demonstrate an understanding of strategies that promote personal safety and prevent injuries;
- demonstrate an ability to use specific strategies to enhance their own mental health and that of others;
- demonstrate an understanding of strategies that promote healthy relationships.

**Units of Study**

**Units: Titles and Time**

|        |                                  |            |
|--------|----------------------------------|------------|
| Unit 1 | Fitness                          | 20 hours   |
| Unit 2 | Healthy Living                   | 12.5 hours |
| Unit 3 | Leadership                       | 12.5 hours |
| Unit 4 | Sports and Recreational Activity | 65 hours   |
|        |                                  |            |

**Teaching Strategies**

- peer tutoring
- rubrics
- investigative research
- multi media usage
- teacher demonstration
- rubrics
- guest instructors
- peer leadership and demonstration
- discussion and reflection
- small group work
- brainstorming
- think, pair, share
- cooperative learning
- skill, drill and review

**Assessment and Evaluation Strategies**

A variety of term assessment and evaluation tasks will be assigned to students such as:

- skill / rule tests
- healthy living tests
- observation skill
- participatory analysis
- summative fitness performance
- summative written performance

**Evaluation Summary**

In the secondary university level courses, the final mark is determined using the following procedure: term work comprises 70% of the final mark and end of the semester evaluations comprise 30% of the mark.

Throughout the semester, students will be assessed on curriculum expectations, receive feedback on learning and be given opportunities to improve performance within four

categories of learning. In the term grade the evaluation weight of each category of learning is as follows:

|                              |     |
|------------------------------|-----|
| Knowledge and Understanding: | 20% |
| Thinking and Inquiry:        | 10% |
| Communication:               | 10% |
| Application:                 | 60% |

The marks in each of the categories of learning will be combined to form the term grade.

Towards the end of the course, students will complete three summative evaluations: a performance fitness task that will comprise of 10%, a summative examination comprised of 10 % and a cumulative written or fitness task worth 10 %.

The written summative examination will take place during regular class time just prior to the school formal examination period.

### **Categories, Suggested Data Gathering Methods and Evaluation**

Application: (42%) Methods of evaluation are based on the participation rubrics which include readiness to participate, effort, initiative, fair play, respect and support, leadership and cooperation. Activity rubrics will emphasize the attempt and ability to implement instructed skills. The pre fitness evaluation will be included in the application section.

Knowledge and Understanding: (14%) Methods of evaluation include activity rule tests, health tests concerning relationships, sexuality, substance abuse and C.P.R.

Communication: (7%) Methods of evaluation are based on the communication rubric which is based on positive peer interaction, appropriate use of language, presentation methodologies, resolution of conflict,

Thinking and Inquiry: (7%) Methods of evaluation are based rubrics that emphasize safety, strategic and tactical game applications. Thinking and inquiry evaluations are also made during health class through presentations and assignments

### **GUIDELINES – 30% SUMMATIVE PORTION**

Towards the end of the course, students will complete three summative evaluations: a performance fitness task that will comprise of 10%, a summative examination comprised of 10 % and a cumulative written task worth 10 %.

The written summative examination will take place during class time just prior to the school formal examination period

1. 10% Summative Post Fitness Test
2. 10% Examination
3. 10% Written Assignment and/or Physical Activity Task

**References:** <http://www.curriculum.org/csc/library/profiles/9/html/2POHAL.htm>