

Eden Secondary School

Health and Physical Education (PPL30)

Ministry Guidelines: The Ontario Curriculum, Grade 11 & 12, Health & Physical Education, 2000.

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practise goal-setting, decision-making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety.

UNITS:

Interactive Activities
Physical Fitness
Healthy Living
Individual (Small Group) Activities
Team (Large Group) Activities
Rhythm and Body Movement Activities

EXPECTATIONS AND STUDENT RESPONSIBILITIES:

- Before you come to class, lock all valuables in your locker.
- Wear Eden physical education uniform, running shoes, socks, for all physical education activities.
- Wear sweat pants, sweat shirts and jackets over physical education gear when it is appropriate.
- Arrive at the appropriate meeting spot for class at the start of the period.
- Demonstrate respect for all students and staff.
- Be responsible for maintaining a notebook.

EVALUATION:

Term Work: (This is worth 70% of final mark. Other 30% is a final evaluation)

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| Knowledge/Understanding (Health tests, assignments, fitness quizzes) | 5% | |
| Thinking/Inquiry (Health assignments, game strategies) | 10% | |
| Communication (Health Tests/Assignments/Projects, skills analysis, fitness journal) | | 25% |
| Application (Skills testing, Active Participation, Fitness testing) | | 60% |

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| Final Evaluation | 30% | 20% Final Demonstration |
| | | 10% Final Exam |

Attendance is important! This is a participation course. If you are absent, you may make up missed time before or after school in terms of a workout or physical activity of some form. Time must be made up within a month. (I.e: time missed in September must be made up by the end of October.... all time must be made up before the final exam.)