

Eden Secondary School

Health and Physical Education (PPL40)

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

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students' interest throughout their lives. Students will develop and implement personal physical fitness plans. In addition, they will be given opportunities to refine their decision-making, conflict resolution, and interpersonal skills with a view to enhancing their mental health and their relationships with others.

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)

Knowledge/Understanding (Health tests, assignments, fitness quizzes)	10%
Thinking/Inquiry (Health assignments, game strategies)	10%
Communication (Health Tests/Assignments/Projects, skills analysis, fitness journal)	20%
Application (Skills testing, Active Participation, Fitness testing)	60%

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 Sept. must be made up by the end of Oct. all time must be made up before the final exam.)