

 Ontario	Ontario Ministry of Education www.edu.gov.on.ca	 Toronto District School Board	Toronto District School Board www.tdsb.on.ca		R.H. KING ACADEMY http://schools.tdsb.on.ca/rhking/
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COURSE OF STUDY OUTLINE

Department	<i>Health and Physical Education</i>	Course Type	<i>Open</i>
Teacher	<i>D. Warrener</i>	Grade	<i>10/11/12</i>
Course Title	<i>Healthy Active Living Education</i>	Credit Value	<i>One</i>
Course Code	<i>PAF2/3/40</i>	Prerequisites	<i>None</i>
Ministry Document	<i>The Ontario Curriculum – Health and Physical Education http://www.edu.gov.on.ca/eng/curriculum/secondary/health9to12.pdf</i>		
Learning Resources	<i>Textbook: Glencoe Health A Guide to Wellness & Healthy Active Living (Thompson)</i>		

**Toronto District School Board
R. H. King Academy
Physical and Health Education**

Curriculum Leader: J. Booth

Overall Goals: : This course enables students to further develop the knowledge and skills they need to make healthy choices now and lead healthy, active lives in the future. Through participation in a wide range of physical activities and exposure to a broader range of activity settings, students enhance their movement competence, personal fitness and confidence. Students also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well – being is affected by, and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively. Student learning will include the application of movement principles to refine their skills, participation in a variety of fitness activities (aerobics, weight training etc) that enhance personal competence and health and examination of issues related to healthy living.

Strands:

1. **Active Living:** This strand expects students to participate actively and regularly in a variety of activities in a safe manner for themselves and others. Students are also expected demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living.
2. **Movement Competence:** This strand expects students to demonstrate personal competence in applying movement skills and principles. Students will also demonstrate knowledge of guidelines and strategies that enhance participation in recreation and sport activities.
3. **Healthy Living:** This strand expects students to gain an understanding of factors that contribute to healthy development along with the ability to apply the acquired knowledge to make decisions and take appropriate actions relating to their personal health and well - being: Topics include Healthy Eating, Personal safety and Injury Prevention, Substance Use , Addictions and Related Behaviours, Human development and Sexual Health

Living Skills expectations are an important aspect of student's overall healthy development and as such will be evaluated in all strands of the curriculum.

Learning Skills:

It is critical for students to attend all classes on a regular basis and be prepared to participate in a safe, enthusiastic, active manner. The Learning Skills are subdivided into 5 smaller groups which are assessed on the report card.

1. Homework/Completion of Assignments
2. Goal Setting/Decision Making/Problem Solving
3. Teamwork/Working in Groups
4. Participation in Class
5. Attendance and Punctuality

Teaching/Assessment and Evaluation Strategies

70 % Formative Evaluation

Will be based on assessments and evaluations conducted throughout the course according to the following weighting:

Active Living/Application	70%
Physical Activity/Thinking/Inquiry	20%
Living Skills/Communication	10%

Category Breakdown:

1. Application: Will be based on the Active Living Strands. Includes participation, lates, uniform, fitness, and practical skill marking.
2. Thinking/Knowledge: Will be based on the Physical Activity/Healthy Living Strand. Any tests, journals quizzes, or charts utilized during the Physical Activity/Healthy Living Strands will also be utilized here.
3. Communication: Will be based on the Living Skills Strand. Includes behaviour, leadership, and social skills.

Students who are not in class cannot expect to receive marks for the day in the Active Living strand (application) for any classes that are not made up. Students missing classes due to related school events such as field trips, sports teams, etc. will not be held accountable. An appropriate make up assignment may be required for any long term illness. Students should be prompt and present for all classes and must wear the R. H. King Academy gym uniform. For all outdoor activities students must wear the Academy T-shirt and shorts, but may wear additional clothing according to the weather conditions.

30% Summative Evaluation

Will be based on performance assessments and evaluations conducted throughout the course according to the following weighting:

1. Fitness: Will be based on fitness testing, (10marks) 12 minute run, (10 marks) and effort. (10 marks)

Achievement Chart

70% Course Work

Note: Achievement Chart Focus and Tasks may vary according to Instructor or Student needs.

Task	Achievement Chart Focus	Due Date
Fitness Diagnostic	All categories	
Unit 1	All categories	
Unit 2	All categories	
Unit 3	All categories	
Unit 4	All categories	
Evaluations and LOG		
Unit 5	All categories	
Unit 6	All categories	
Unit 7	All categories	
Unit 8	All categories	

30% Summative

Task	Achievement Chart Focus	Weighting
Fitness	All categories	30%

Term Grades:

First term grades will be determined by all graded units, quizzes, tests, fitness charts etc. handed in by the end of the first mark session. Usually this involves the first four units from above. The remaining four units and the summative will be added to the final grade in June.

Communication:

Office Hours: 7:30 am – 4:00 pm by appointment

Office Location: Boy's Phys. Ed. Office across the hall from Gym 1 and 2

Phone: 416-396-5550 ext. 20030

Girls' Phys'ed Office across the hall from the art room B68. Phone: 416-396-5550 Ext. 20032