

	<b>Ontario Ministry of Education</b> <a href="http://www.edu.gov.on.ca">www.edu.gov.on.ca</a>		<b>Toronto District School Board</b> <a href="http://www.tdsb.on.ca">www.tdsb.on.ca</a>		<b>R.H. KING ACADEMY</b> <a href="http://schools.tdsb.on.ca/rhking/">http://schools.tdsb.on.ca/rhking/</a>
<b>COURSE OF STUDY OUTLINE</b>					
<b>Department</b>	<i>Health and Physical Education</i>	<b>Course Type</b>	<i>Open</i>		
<b>Teacher</b>	<i>J. Booth</i>	<b>Grade</b>	<i>10/11/12</i>		
<b>Course Title</b>	<i>Healthy Active Living Education – Girls Only Fitness</i>	<b>Credit Value</b>	<i>One</i>		
<b>Course Code</b>	<i>PAF2/3/4OF</i>	<b>Prerequisites</b>	<i>None</i>		
<b>Ministry Document</b>	<i>The Ontario Curriculum – Health and Physical Education</i> <a href="http://www.edu.gov.on.ca/eng/curriculum/secondary/health9to12.pdf">http://www.edu.gov.on.ca/eng/curriculum/secondary/health9to12.pdf</a>				
<b>Learning Resources</b>	Textbook: Glencoe Health A Guide to Wellness & Healthy Active Living (Thompson)				

**Policy Document:** The Ontario Curriculum, Grade 10/11/12  
Health and Physical 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.. 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. Students will learn movement skills, fitness training and physical competence, safety and injury prevention. Students will set challenging personal fitness goals, develop communication and social skills and focus on achievement based personal fitness outcomes.

**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 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 Nutrition, Anatomy, Foundations of Fitness, Cross Fit and Resistance Training Programs.

**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:

<b>Active Living/Application</b>	65%
<b>Thinking/Inquiry/Knowledge</b>	25%
<b>Communication</b>	10%

### **Category Breakdown:**

1. Application: Will be based on the Active Living Strands. Includes participation, lates, uniform, fitness, daily effort and performance.
2. Thinking/Inquiry/Knowledge: Test, projects, discussion, skill analysis, in class assignments, quizzes, goal setting, reviews, weight training programs.
3. Communication: Will be based on the Living Skills Strand. Includes behaviour, leadership, portfolios, presentations, personal journals

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**

1. Culminating Activity	15%
2. Student-Led Workouts	15%

## Achievement Chart

### 70% Course Work

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

UNIT	DATES (Approximate)	Assessments
Profile Assessment #1		Participation Fitness Profile
Foundations of Fitness Part 1 Health Related Components		Participation Introduction to PAF Weight Training Log
Meet Your Muscles		Participation Unit Test
Foundations of Fitness Part 2 Skill Related Components of Fitness		Participation <i>Excursion: Toronto PanAm Sports Centre</i>
Profile Assessment #2		Participation Fitness Profile Weight Training Log
Run Club/Circuits		Participation Running Shoe Showdown
Nutrition		Participation Eat this, Not That <i>Excursion: SkyZone</i>
Aquafit		Participation
Profile Assessment #3		Participation Fitness Profile Weight Training Log
Crossfit & CrossFit Games		Participation

### 30% Summative

Task	DATES (Approximate)	Weighting
Culminating Activity	June 2016	15%
Student-Led Workouts	June 2016	15%

### 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

**Weekly Schedule:**

Mondays and Wednesday – Gym/Pool/Field

Tuesdays and Thursdays - Weight Room

Fridays – Classroom