

 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, B. Ngosiok</i>	Grade	<i>10/11/12</i>
Course Title	<i>Healthy Active Living Education</i>	Credit Value	<i>One</i>
Course Code	<i>PAL2/3/40</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>		

Policy Document: The Ontario Curriculum, Grade 11/12
Health and Physical Education

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

Curriculum Leader: J. Booth

Overall Goals: The Health and Physical Education program promotes regular participation in a variety of enjoyable activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine their skills, participation in a variety of large group/team sport activities (volleyball, basketball) that enhance personal competence, fitness and health and the examination of issues related to healthy living

Strands:

1. **Active Living:** this strand expects students to demonstrate daily active participation in a variety of activities in a safe manner. Students are also expected to monitor, maintain and/or improve personal physical fitness levels
2. **Physical Activity:** This strand expects students to demonstrate personal competence in applying movement skills and principles. As well, students will demonstrate knowledge of guidelines and strategies that enhance participation in recreation and sport activities.
3. **Living Skills:** This strand expects students to demonstrate appropriate decision making skills, effective conflict resolution strategies and the use of appropriate social skills when working collaboratively with others.
4. **Healthy Living:** This strand expects students to gain an understanding and appreciation of the following areas: Sexuality and healthy relationships, body image, nutrition, mental health,, personal safety, conflict resolution and substance use and abuse.

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:

Application	45%
Thinking/Knowledge	15%
Communication	10%

Category Breakdown:

1. Application: Will be based on the Active Living, and Physical Activity Strands. Includes participation, lates, uniform, fitness, and practical skill marking.
2. Thinking/Knowledge: Will be based on the Healthy Living Strand. Any tests, quizzes, or charts utilized during the Active Living/Physical Activity 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.

30% Summative Evaluation

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

Game Play	15%
Fitness	15%

Category Breakdown:

1. Game Play: Will be based on each team or individual sport unit as it is completed.
2. Fitness: Will be base on fitness testing, (10marks) 12 minute run, (10 marks) and effort. (10 marks)

30% Summative

Task	Achievement Chart Focus	Weighting
Game Play	All categories	15%
Fitness	All categories	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.

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 and the Girls' Phys. Ed. Office across the hall from the art room B68.

Phone: 416-396-5550 Ext. 20032