



Cardinal Leger Secondary School

Department of Health and Physical Education

Course Name: Healthy Active Living Education

Course Code: PAF30

Level: Open

Room: Gymnasium

Ministry Guidelines: 2015 Revised

Course Enhancement Fee: TBD

Course Overview:

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. This course will focus on individual strength and conditioning. This course helps students to meet the Ontario Catholic School Graduate Expectations by enabling each person to become participants in leisure and fitness activities for a balanced and healthy lifestyle.

Curriculum Strands and Overall Expectations:

By the end of this course, students will:

- **Demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade.**
- **Participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of factors that can influence and support their participation in physical activity now and throughout their lives;**
- **Demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living;**
- **Demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.**
- **Perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities;**
- **Apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities.**
- **Demonstrate an understanding of factors that contribute to healthy development;**
- **Demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being;**
- **Demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being.**



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Evaluation:

Term Work	70%
Knowledge and Understanding	15%
Thinking	15%
Communication	15%
Application	55%
Final Assessment	30%
Culminating Task	30%
Course Total	100%

Learning Skills and Work Habits

E= Excellent G=Good S=Satisfactory N= Needs Improvement

Responsibility	- Fulfills responsibility and commitments. - Takes responsibility for and manages own behavior.
Organization	- Devises and follows a plan and process for completing tasks. - Establishes priorities and manages time
Independent Work	- Independently monitors, assesses, and revises plans to complete tasks and meet goals. - Uses class time to complete tasks.
Collaboration	- Accepts various roles and an equitable share of work in a group. - Builds healthy peer-to-peer relationships.
Initiative	- Looks for and acts on new ideas and opportunities. - Approaches new tasks with a positive attitude.
Self-Regulation	- Sets own goals and monitors progress towards achieving them. - Seeks clarification or assistance when needed.

Missed/Late/Incomplete Assignments

It is the student's responsibility to address missed, late, or incomplete assignments. Students are expected to complete assignments and to adhere to assignment deadlines as follows:

Due Date	10% Penalty Zone	Closure Date
A due date is set by the teacher.	1 school day late – 3% 2 school days late – 6% 3 school days late – 10% Maximum penalty of 10%	Once the closure date has passed, work is considered incomplete and a mark of zero applies.

Parent Signature: _____ Student Signature: _____