

MERIVALE HIGH SCHOOL
 Health and Physical Education Department
 PPL10 – Grade 9 Healthy Active Living
 Prerequisite: None



Text: Glencoe Health	Replacement Value: \$86.00	Assigned Text #: _____
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COURSE DESCRIPTION:

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. They investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs, and participate in activities designed to develop goal-setting, communication, and social skills.

The entire curriculum document is available from: <http://www.edu.gov.on.ca/eng/curriculum/secondary/health.html>

UNITS OF STUDY:

Unit 1	Interactive Activities
Unit 2	Physical Fitness
Unit 3	Healthy Living
Unit 4	Large and Small Group Activities
Unit 5	Body Management Activities

* Units of Study are dispersed over the semester based upon available facilities.

ASSESSMENT AND EVALUATION:

Category	Weight
Knowledge/Understanding (KU) <ul style="list-style-type: none"> Assessment in this category may include but is not limited to quizzes, tests, projects, discussion, in-class question and answer, game situation and skill analysis, demonstration, etc. 	14%
Application/Connections (AC) <ul style="list-style-type: none"> Assessment in this category may include but is not limited to skill acquisition, games, active participation, test questions allowing for knowledge to be applied, demonstration of guidelines and procedures, movement skills and principles, safety skills, etc. 	42%
Thinking/Inquiry (TI) <ul style="list-style-type: none"> Assessment in this category may include but is not limited to assignments, reflections, critical analysis, reviews, role-playing, self-evaluations, research projects, tests and quizzes, game situation analysis, etc. 	7%
Communication (CO) <ul style="list-style-type: none"> Assessment in this category may include but is not limited to oral and written presentations, journals/logs, role-playing, reports, class discussions, portfolios, web pages, audio-video seminars, etc. 	7%
Summative (SU) <ul style="list-style-type: none"> Performance and effort shown during fitness testing every two months (5%) A regularly updated portfolio of handouts, tests, reflections, etc. (10%) Setting, adjusting & meeting goals of the Fitness Contract (15%) 	30%

STUDENT EXPECTATIONS

- **ACADEMIC DISHONESTY:** It is the responsibility of every student to ensure that all assignments which are to be evaluated are original work and accurately documented as outlined by the teacher.
- **PERFORMANCE TASKS:** All students are expected to submit work or perform tasks by the designated due date. The teacher **may** choose to allow an extension for late/missing assignments. Teachers are not required to accept work in the final week of a reporting period as they may have finalized marks. *(As outlined in the MHS A&E policy)*
- **UNIFORM:** A change of clothing that consists of gym shorts or sweatpants, t-shirt, socks and running shoes. Forgetting these means you exclude yourself from participation. Outdoor activities during the fall, winter and spring require appropriate clothing.
- **ATTENDANCE:** You must be punctual, in proper uniform and actively participate in all classes. Regular attendance is essential to master skills and improve fitness. Daily evaluation is based on active participation.

ESSENTIAL LEARNING OUTCOMES

Student success will be based on their ability to:

- participate daily in physical activities, choosing a wide range of activities (e.g., individual, small- and large-group, indoor and outdoor activities)
- participate in personal health-related fitness improvement programs; demonstrates personal motor skill improvement in a variety of athletic situations
- demonstrate understanding of sport-specific rules and guidelines
- apply appropriate strategies or tactics that enhance performance in sport specific situations
- participate safely in daily activities (proper footwear, safe use of equipment, etc.)
- demonstrate daily respect for others and the learning environment

Grade 9 Health Education Outcomes

- demonstrate an understanding of one person adult CPR
- describe the factors that lead to responsible sexual relationships
- describe the relative effectiveness of methods of preventing pregnancies and STI's
- demonstrate the appropriate steps for conflict resolution
- explain the effects of the use and abuse of alcohol, tobacco, and marijuana

DAILY PARTICIPATION ASSESMENT RUBRIC

Participation Marks are Assessed as Follows	80-100%	Student arrives on-time (in change room before bell), changes into proper uniform and contributes positively to the class activities. Student follows the 3 R's (respect for self, respect for others, respect for property)
	70-79%	Student participates well. Student has demonstrated respect for two of the 3 R's.
	60-69%	Student arrives on time and changes, but participates in a limited manner. Student needs to improve effort and/or attitude.
	50-59%	Student arrives late, changes, yet does not provide a positive contribution. Student has no uniform (therefore is unable to participate)
	Below 50%	Student has an unexcused absence (excused absences will be omitted if they have been confirmed through the attendance line on the day of the absence). Student is late and without uniform. Student is removed from activities due to a behavioural incident.

Throughout the year, there may be opportunities during regular class times to take part in special activities such as in-line skating, cycling, cross-country skiing, snowshoeing and skating. Some of these activities will take students off school property (but, only for the duration of one period) to sites such as the Merivale Arena, Colonnade soccer fields, Colonnade bike path, the YM-YWCA at the Merivale Mall, and neighbouring streets off of Viewmount Avenue.