

**SOUTH CARLETON HIGH SCHOOL**  
**STUDENT OUTLINE**  
**PPL1OP & PPL1OQ**  
**Healthy Active Living**

Credit Value: 1 credit

Hours: 110 hours

**Course Overview**

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

| Unit Title   | Hours | Performance Tasks           | Overall Expectations  |
|--|-------|-----------------------------|---|
| <i>Physical activity</i>   | 35    | 1. Tests and Quizzes        | <ul style="list-style-type: none"> <li>• demonstrate personal competence in applying movement skills and principles;</li> <li>• demonstrate knowledge of guidelines and strategies that enhance participation in recreation and sport activities.</li> <li>• participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation;</li> <li>• demonstrate improvement in personal health-related physical fitness;</li> <li>• demonstrate safe practices regarding the safety of themselves and others.</li> <li>• identify the factors that contribute to positive relationships with others;</li> <li>• explain the consequences of sexual decisions on the individual, family, and community;</li> <li>• demonstrate personal strategies to deal effectively with the social influences that contribute to the use and abuse of alcohol, tobacco, and other drugs (e.g., cannabis);</li> <li>• identify strategies to minimize potentially dangerous situations (e.g., violence prevention, injury prevention).</li> <li>• use appropriate decision-making skills to achieve goals related to personal health;</li> <li>• explain the effectiveness of various conflict resolution processes in daily situations;</li> <li>• use appropriate social skills when working collaboratively with others.</li> </ul> |
| <i>Active living</i>   | 35    | 2. Culminating Activities   |   |
| <i>Healthy living</i>  | 12.5  | 3. Group Work               |   |
| <i>Living skills</i>   | 12.5  | 4. Independent/Web Research |   |
| <i>Summative</i>   | 15    | 5. Oral Presentations       |   |
|  |       | 6. Skills Development       |   |
|  |       | 7. Role Plays               |   |
|  |       | 8. Movement Analysis        |   |
|  |       | 9. Reflective Writing       |   |
|  |       | 10. In class Exam           |   |

**STUDENT RESPONSIBILITIES**

1. Students are required to attend classes regularly, dress prepared to participate in physical activities, and submit work on time. Absence for any reason does not remove the responsibility of a student to complete work in a timely manner.
2. Students who commit *academic fraud* i.e. *plagiarize or cheat*, and those who miss performance tasks without a legitimate and substantiated excuse risk completing course requirements. See student planner.
3. All incomplete work will be factored into the final mark. When a student fails to demonstrate competence with a task for this or any reason, remedial work may be assigned at the teacher's discretion. In these cases, a reasonable timeline must exist to facilitate the completion and subsequent evaluation of the performance.
4. Students may on occasion negotiate with the teacher to have an assignment submitted late. All work accepted for marking will be professionally evaluated; however, written feedback and anecdotal remarks on late submissions may not be possible based on time constraints.
  - **See School Assessment, Evaluation, and Reporting Policy for details.**

**Evaluation**

| Term Evaluation   | Summative Evaluation  |
|---|---|
| <i>Categories for each assessment tool including approximate percentages.</i>                           |   |
| Knowledge & Understanding 10.5 %  | Transferable Skills * 15 %  |
| Thinking/Inquiry/Problem Solving 7 %  | Reflective Writing <u>15 %</u>  |
| Communication 10.5 %  | <b>Total 30%</b>  |
| <b>Application:</b>   |   |
| Skill 7 %   |   |
| Vigorous Participation / Social Responsibility 21 %   |   |
| Personal Fitness <u>14 %</u>  |   |
| <b>Total 70%</b>  |   |
| <i>Assessment tools include tests/quizzes, assignments, performance tasks and rich assessment tasks</i> | * Will include an in-class activity towards the end of term<br>** will evaluate whole term's work |

**Character Education Statement**

The South Carleton Healthy Active Living Education department strives to develop a quality educational environment based on positive values and to instill in students a sense of character and ethics which will contribute to building an honourable and productive society. An educated citizen is the foundation of a democratic society in which respect and responsibility determine strength of character.