

COURSE STATEMENT

PPL 30

LAMBTON CENTRAL COLLEGIATE AND VOCATIONAL INSTITUTE

Welcome to **Healthy Active Living, Grade 11**. This is a summary sheet for parents and students which outlines our course evaluation and expectations.

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TEACHER:

TEXT:

Course Name: Healthy Active Living, Grade 12

Course Code: PPL 30

Credit Value: 1.0

Ministry Document: Health and Physical Education Grades 11 and 12

Development Date: 2015

Mission Statement:

Teachers at LCCVI are dedicated to providing the following:

- ✓ access for all students
- ✓ a safe learning environment
- ✓ quality educational opportunities
- ✓ high professional standards.

Course Description:

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.

Overall and Specific Curriculum Expectations:

Refer to the Ministry of Education document entitled Health and Physical Education Grades 11 and 12 which is available in the main office, from your teacher, or on the Ministry of Education website <http://www.edu.gov.on.ca/eng/curriculum/secondary/subjects.html>

Course Content Outline:

This course is divided into eleven activity units and three health units. The health units in Grade 11 include: Healthy Growth and Sexuality, Personal Safety and Injury Prevention and Mental Health

Assessment and Evaluation Strategies:

The breakdown of your mark will be based on your level of achievement as follows:

Term Work – 70%

The above achievement categories will be used to evaluate tests, quizzes, assignments, etc. as part of your term mark.

Final Examination / Culminating Activity – 30%

All students must participate in the final evaluation activities towards the end of the semester. These final evaluation activities allow students opportunities to demonstrate their achievement of course expectations and represent 30% of a student's final mark.

Learning Skills

Provincial Report Cards will be marked with each student's performance in the five Learning Skills areas:

1. **Responsibility**
2. **Organization**
3. **Independent Work**
4. **Collaboration**
5. **Initiative**
6. **Self-Regulation**

These Learning Skills will be assessed regularly by your teacher. They are an important statistic to understand how well students perform in the class. These are not considered in the determination of the final grade. For each of the Learning Skills one of the following achievement letters will be given:

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