



**Glebe Collegiate Institute**  
**Healthy Active Living Education**  
**PAF40Q - Grade 12 Boys Fitness**

**Course Overview**

This course focuses on the development of a personalized approach to healthy active living through participation in physical fitness activities that promote a healthy lifestyle. Students will develop and implement personal physical fitness plans and work towards improving their personal fitness through a variety of learning experiences. In addition, they will be given opportunities to refine their decision making, conflict-resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively.

**Course Requirements/Student Expectations**

In order to be successful in Healthy Active Living Education students are responsible for the following:

- Arriving to class on time and prepared to actively participate in the days activity. This is activity dependant, but every students will need the following items throughout the course: Proper athletic footwear (lace-up running shoes), proper athletic clothing (t-shirt, shorts, sweatpants), a water bottle, a hat and sunscreen, a bathing suit, a binder with paper and a writing utensil, and an agenda.
- Taking an active role in creating a positive learning environment where all students feel safe and welcome.
- Completing and submitting all work assigned on time.
- Consistent participation and involvement in the course is a must to allow for proper evaluation and strong student achievement.

**Strands**

**Living Skills**

*Student learning related to the Living Skills expectations takes place in the context of learning related to the Active Living, Movement Competence, and Healthy Living strands and will be assessed and evaluated within these contexts.*

**Overall Expectation:**

By the end of this course, students will:

1. 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.

## **A. Active Living**

### **Overall Expectations:**

By the end of this course, students will:

- A1. 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.
- A2. Demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living;
- A3. Demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.

## **B. Movement Competence: Skills, Concepts, and Strategies**

### **Overall Expectations:**

By the end of this course, students will:

- B1. 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.
- B2. 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.

## **C. Healthy Living**

### **Overall Expectations:**

By the end of this course, students will:

- C1. Demonstrate an understanding of factors that contribute to healthy development.
- C2. 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.
- C3. 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.

## **Assessment and Evaluation**

### **Categories of Knowledge Skills:**

Assessments and Evaluations will incorporate the following categories of Knowledge Skills::

**Knowledge and Understanding.** Subject-specific content acquired in each grade or course (knowledge), and the comprehension of its meaning and significance (understanding).

**Thinking.** The use of critical and creative thinking skills and/or processes.

**Communication.** The conveying of meaning and expression through various forms.

**Application.** The use of knowledge and skills to make connections within and between various contexts.

### **A&E Strategies**

Assessment for learning, of learning and evaluation of the overall expectations of the course will take various forms throughout the course. Evaluations will be based upon: Teacher observation, assessment and evaluation of student products, and student- teacher conferences.

### **Reporting Student Achievement**

Teachers will use student Evidence Records to inform their professional judgement in the determination of report card grades. The final grade will be determined using the following calculation:

**Term Work : 70% All work/participation during the term.**

Application Rubric - every 3 weeks  
Health Component - various tasks/quizzes  
Health-Related Fitness Training  
Workout Plans and Principles

**Summative : 30% Submission of summative work.**

**Part 1 - YMCA Volunteering 10 % of Summative**

We will coordinate with the YMCA to complete 10 hours each of community service through volunteering at the YMCA. A log sheet and reflection sheet will be handed in.

**Part 2 - Duathlon Completion 20 % of Summative**

For this section we will train for and then complete a Duathlon in which we will run 5 Km and then bike 30 Km in a race like event.

### **Levels of Achievement**

**Level 1** represents achievement that falls much below the provincial standard. The student demonstrates the specified knowledge and skills with limited effectiveness. Significant improvement in specific areas is needed, if they are to be successful in a course in the next grade.

**Level 2** represents achievement that approaches the standard. The student demonstrates the specified knowledge and skills with some effectiveness. Students at this level need to work on identified learning gaps to ensure future success.

**Level 3** represents the provincial standard for achievement. The student demonstrates the specified knowledge and skills with considerable effectiveness. Parents of students at level 3 can be confident that their children will be prepared for work in subsequent courses.

**Level 4** identifies achievement that surpasses the provincial standard. The student demonstrates the specified knowledge and skills with a high degree of effectiveness. However, achievement at level 4 does not mean that the student has achieved expectations beyond those specified for the course.

### **Achievement Level Conversion to Percentage Mark Range:**

Achievement Level	Percentage Mark	Achievement Level	Percentage Mark
4+	95-100%	2+	67-69%
4	87-94%	2	63-66%
4-	80-86%	2-	60-62%
3+	77-79%	1+	57-59%
3	73-36%	1	53-56%

3-	70-72%	1-	50-52%
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### **YMCA Details**

The majority of this course will take place at the YMCA located at 180 Argyle Ave. You are responsible for your own transportation to and from the YMCA for the course. Keep in mind we are using this facility for free and that any mis-use of equipment or the facility will not be tolerated. Some of the course will take place at Glebe and you will be notified ahead of time when that is happening.

### **What you will need each day:**

- proper gym attire, a lock for a locker at the YMCA, pen/pencil, positive attitude, and a willingness to work on your personal health each day.

### **Logistics of Each Day**

DAY 1: You will arrive at the YMCA at around 8:50am....you will then sign in, get changed and be ready to workout until you are dismissed from the YMCA at 9:45am to get back to school.  
It will be your responsibility to get back to Glebe in time for your class.

DAY 2: Make your way to the YMCA @ 180 Argyle Ave. Sign in at front desk, get changed and be ready to start class at 10:20am. Dismissal is at 11:20am

**When you arrive both days, sign in at the front desk in the Glebe Attendance Binder**