



Course Outline

Course Code: PPL20
Course Title: Healthy Active Living Education, Grade 10, Open
Department: Health and Physical Education
Course Type: Open
Credit Value: 1
Grade: 10
Prerequisite(s):

School Name: Grey Highlands Secondary School
Teacher: R. Teeter

Ministry Curriculum Policy Document

The Ontario Curriculum, Grades 9 & 10: Health and Physical Education, 2015

Course Description/Rationale

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, students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. 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

Assessment / Evaluation

Seventy per cent (70%) of the grade will be based on evaluation conducted throughout the course. This portion of the grade should reflect the student's most consistent level of achievement throughout the course, although special consideration should be given to more recent evidence of achievement.

Thirty per cent (30%) of the grade will be based on a final evaluation administered at or towards the end of the course. This evaluation will be based on evidence from one or a combination of the following: an examination, a performance, an essay, and/or another method of evaluation suitable to the course content. The final evaluation allows the student an opportunity to demonstrate comprehensive achievement of the overall expectations for the course.

Teachers will ensure that student learning is assessed and evaluated in a balanced manner with respect to the four categories, and that achievement of particular expectations is considered within the appropriate categories. The emphasis on "balance" reflects the fact that all categories of the achievement chart are important and need to be a part of the process of instruction, learning, assessment, and evaluation in all subjects and courses. However, it also indicates that for different subjects and courses, the relative importance of each of the categories may vary. The importance accorded to each of the four categories in assessment and evaluation should reflect the emphasis accorded to them in the curriculum expectations for the subject or course, and in instructional practice.

- Knowledge and Understanding
- Thinking
- Communication
- Application

20%
10%
5%
65%
100%



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Assessment / Evaluation continued

Percentage of Assessment	Unit Title	Assessment Strategies	Date
70%	Unit 1: Movement Skills and Concepts	The primary methods of evaluation in this course are daily observations of student performances, Health tests and quizzes.	Daily
	Unit 2: Movement Strategies		Daily
	Unit 3: Making and Understanding Healthy Choices		At the end of each health Unit
	Unit 4: Personal Fitness		Daily
	Unit 5: Safety		Daily
30%		Written Health Exam	June 2018
		Practical Fitness Exam	June 2018

Students absents on the day of a health test for school related events will write the test at the start of lunch the first day back.

All other student absences will require a note or a phone call from the parents/guardians to the school before the student returns to class to be eligible to the write the test at the start of lunch on the first day back.

Students truant on the day of a health test will be given a mark of 0%.

Students are required to bring and change into proper Phys Ed clothing for all activity based units.

Students are encouraged to seek extra help as required. I can be reached during school hours at: 519 - 924 – 2721, ext 533 or voicemail 665 or via email at: Ruth_Teeter@bwdsb.on.ca.