



**PPL2O Course Outline**  
**Health and Physical Education Department**  
**Earl of March Secondary School**



**Healthy Active Living Education, Grade 10 Open, Grade 10, Open :**

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 critically and creatively.

Link to Course Curriculum: <http://www.edu.gov.on.ca/eng/curriculum/secondary/health9to12.pdf>

What course do you need to enroll? None

What you can take after this course: PPL3O, PAF3O/4O

**What you will be learning:**

**A. ACTIVE LIVING**

- 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**

- 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**

- 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.

**How you will demonstrate your learning and be evaluated:** The course will be evaluated as follows for each term: The total course work based on overall expectations will be worth 70% and the remaining 30% from the Summative evaluation(s). A variety of assessment tools will be used for student evaluation including practical testing, daily participation, reflections, written tests, reports and journals. The summative tasks consist of a culminating project focusing on the health curriculum and decision making and an exit interview reflecting the overall expectations of PPL2O.

**Additional information about this course:**

The Grade 10 Physical Education course may include field trips that emphasize life long activity that can be enjoyed in our own region. eg . curling