



PAF10 Course Outline
Health & Physical Education Department
Earl of March Secondary School



Igniting the Spark, Grade 9, Open :

The 'Igniting the Spark Program' is a focus course which pairs physical activity with learning in all subjects. There is research stating that exercise improves learning on a multitude of levels. This cross curricular initiative incorporates cardiovascular exercise with the acquisition of numeracy skills while developing physical literacy. In the physical education class, students engage in fitness activities that work towards achieving optimum heart rates, in order to neurologically prepare students for learning. After fitness class, students attend math class, which optimizes the students learning readiness. When students have been working towards a desired heart rate, their ability to learn and retain knowledge, as well as their executive functions, are maximized and reinforced. This initiative is connected to the science and learning communities in John Ratey's book, Spark, which presents the pairing of fitness activities to academics to affix learning.

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: PAF20 & PPL20

What you will be learning:

A. Active Living

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

B. Movement Competence: Skills, Competence, and Strategies

- B1. Movement Skills and Concepts: 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. Movement Strategies: 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. Understanding Health Concepts: demonstrate an understanding of factors that contribute to healthy development;
- C2. Making Healthy Choices: 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. Making Connections for Healthy Living: 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.

D. Healthy Living

Healthy Eating

C1.1 Connection to holistic health: physical, mental, emotional, spiritual

C2.1 Healthy eating plans

C3.1 Food and beverage choices – environmental, social factors

Personal Safety and Injury Prevention

C1.2 Technology – benefits and risks, safe use

C3.2 Mental health concerns – warning signs and responses

C3.3 Responding to bullying/ harassment (including sexual harassment, gender-based violence, homophobia, racism)

Substance Use, Addictions, and Related Behaviours

C1.3 Resilience – protective and risk factors

C3.4 Social influences; decision-making, communication skills

Human Development and Sexual Health

C1.4 Preventing pregnancy and STIs

C1.5 Factors affecting gender identity and sexual orientation; supports

C2.2 Relationships – skills and strategies

C2.3 Thinking ahead about sexual health, consent, personal limits

E. Living Skills

E1. 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.

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). Students may demonstrate their understanding of the course materials in a wide variety of ways. Evidence of student achievement may come from observations, conversations, and students products. Student products may include assignments, tests, projects, performance tasks, and reflections. A balanced combination of a student's Knowledge and Understanding, Thinking and Inquiry, Communication, and Application will be assessed. These 4 categories will not be separately evaluated. Two summative evaluations will be completed: a final reflection on the relationship between physical activity, learning & wellness and an exit interview.

Additional information about this course:

Students take part in race training and have the opportunity to participate in a local 5km run. Furthermore, students have the opportunity to partake in a hike in beautiful Gatineau Park.