



PPL10 Course Outline
HEALTH & PHYSICAL EDUCATION DEPARTMENT
Earl of March Secondary School



Healthy Active Living Education, Grade 9, Open :

This course equips students with 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 you will be learning:

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.

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.

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.

Living Skills

- D1. 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:

Recent and extensive research has shown that moderate to intense exercise at a target heart rate for a given period of time can have significant impact on learning, including improved reading levels, increased preparedness for learning, focus for students with ADHD and decreased behavior issues in schools. Our course & pedagogy is modeled after the studies described in the recent publication, "Spark: The Revolutionary new Science of Exercise and the Brain" (2008) by Dr. John Ratey. <http://www.johnratey.com/>