



PLF4M Course Outline
Health & Physical Education Department
Earl of March Secondary School



Recreation and Healthy Active Living Leadership, Grade 12, Mixed (University/College):

This course enables students to explore the benefits of lifelong participation in active recreation and healthy leisure and to develop the leadership and coordinating skills needed to plan, organize, and safely implement recreational events and other activities related to healthy, active living. Students will also learn how to promote the benefits of healthy, active living to others through mentoring and assisting them in making informed decisions that enhance their well-being. The course will prepare students for university programs in physical education and health and kinesiology and for college and university programs in recreation and leisure management, fitness and health promotion, and fitness leadership.

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

What course do you need to enroll? Any health and physical education course

What you can take after this course: IDC4U, PAF4O, PSK4U

What you will be learning:

LEADERSHIP

- A1. demonstrate an understanding of the concept of leadership and of the attributes, skills, and styles needed to be an effective leader;
- A2. demonstrate leadership skills in a variety of contexts related to healthy, active living;
- A3. demonstrate an understanding of group dynamics, and apply teamwork skills in a variety of contexts related to healthy, active living.

FACILITATION OF RECREATION AND LEISURE

- B1. identify and explain the benefits of lifelong participation in active recreation and healthy leisure, and demonstrate an understanding of factors that enable and constrain participation in active recreation and healthy leisure activities;
- B2. demonstrate the ability to plan and coordinate an event related to healthy, active living;
- B3. demonstrate an understanding of safety procedures needed for injury prevention in a variety of activities related to healthy, active living.

MENTORING DEVELOPMENT

- C1. demonstrate an understanding of mentorship and the methods used by effective mentors to contribute to the growth and development of others;
- C2. demonstrate the ability to help others develop and implement a personal healthy active living plan.

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). 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: Peer to Peer Mentoring Task (15%) and Fitness & Health Promotion Group Project & Presentation (15%)