



PAF30/40 Course Outline
Health & Physical Education Department
Earl of March Secondary School



Senior Personal Fitness - Grade 11&12 Open :

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practice goal-setting, decision-making, social, and interpersonal skills. Students will also study the components of training principle, nutrition, and sport injuries.

What course do you need to enroll in? PPL1O and/or PAF2O recommended

What you can take after this course: PLF4M, IDC4U, PSK4U

What you will be learning:

Active Living

A1. participate actively and regularly in a wide variety of moderate to vigorous physical activities to 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

B1. demonstrate physical literacy by performing functional movement skills with competency as they engage in a variety of physical activities, example: squat, lunge, balance, push, pull, etc.;

B2. apply movement strategies appropriately through a variety of physical activities, in order to develop a higher degree of personal fitness

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.

Living Skills

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). 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: Application Journal Task (15%) and Fitness Portfolio Task (15%).