



THE DR. G.W. WILLIAMS SECONDARY SCHOOL

York Region District School Board



PHYSICAL AND HEALTH EDUCATION DEPARTMENT

GRADE 9 HEALTHY ACTIVE LIVING

Course Code: PPL108/09 (girls/boys)

Level: Open

Prerequisites: None

Credit Value: 1 Credit

Courseware Developed by: The Physical and Health Education Department

Courseware Reviewed yearly by: The Physical and Health Education Department

Ministry of Education Document: The Ontario Curriculum, Grades 9 and 10, Health and Physical Education, 1999

Course Resources: The Dr. G.W. Williams S.S. Course Pack for PPL108/09

O.P.H.E.A. Grade Nine Supplement

Text Book: Healthy Active Living, Temerzogolou, Ted., Thompson Educational Publishing, Toronto, 2007

Accessing Course Outlines and Curriculum Policy Documents:

School Website: <http://drgwilliams.ss.yrdsb.edu.on.ca/>

Ontario Ministry of Education: <http://www.edu.gov.on.ca/>

COURSE DESCRIPTION: This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong Healthy Active Living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, safety, injury prevention and basic CPR. They will investigate issues related to healthy sexuality, substance use and abuse and will participate in activities to enhance goal setting, communication and social skills.

Students will be in the classroom two days per week, and in physical education three days. Each student must wear a proper school uniform for physical education classes. These are available at registration and at the school store.

COURSE FEES

Uniform Package :\$28.00 includes 2 shirts and 1 pair of shorts

(or shirt \$10.00 and shorts \$15.00)

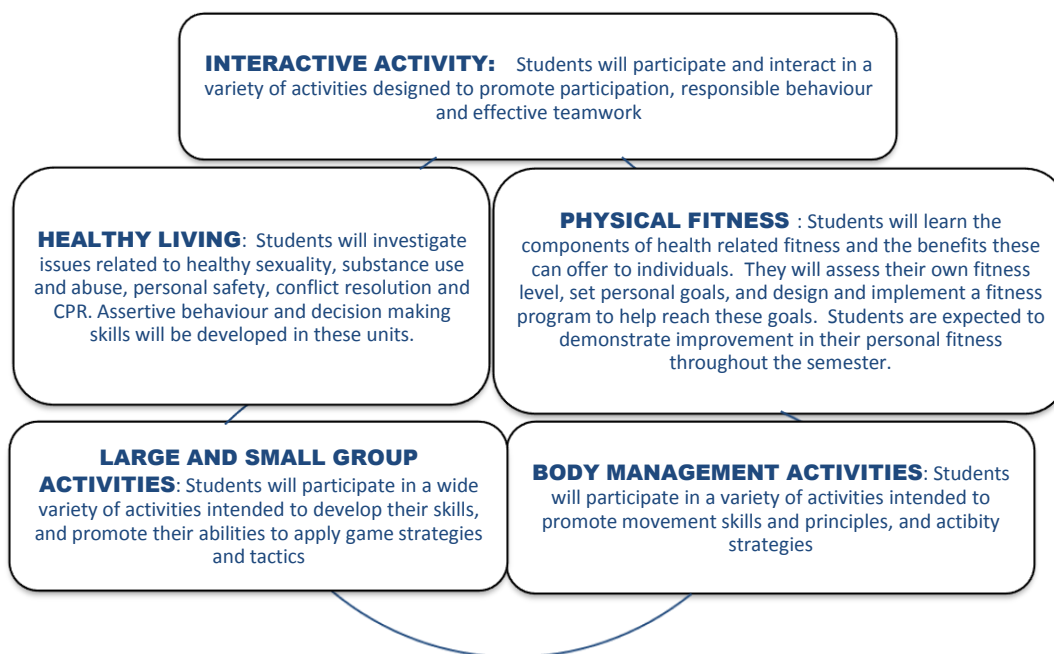
Physical And Health Education Department Members:

Ms. S. Milburn - Subject head,

Mr. K. Bulmer, Ms. S. Crabtree,

Mrs. N. Mann, and Mr. K. Ravelle

UNITS OF STUDY



OVERALL CURRICULUM EXPECTATIONS

This course is divided into the following four strands.

Within each strand the students will be expected to:

PHYSICAL ACTIVITY:

- demonstrate personal competence in applying movement skills and principles;
- demonstrate knowledge of guidelines and strategies that enhance participation in recreation and sport activities (i.e. soccer, football, basketball, volleyball, badminton)

ACTIVE LIVING:

- Participate regularly in a balance instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation
- Demonstrate improvement in personal health-related physical fitness
- Demonstrate safe practices regarding the safety of themselves and others

HEALTHY LIVING:

- Identify the factors that contribute to positive relationships with others
- Explain the consequences of sexual decisions on the individual, family and community
- Demonstrate personal strategies to deal effectively with the social influences that contribute to the use and abuse of alcohol, tobacco, and other drugs
- Identify strategies to minimize potentially dangerous situations (e.g. violence prevention, injury prevention).

LIVING SKILLS:

- Use appropriate decision-making skills to achieve goals related to personal health
- Explain the effectiveness of various conflict resolution processes in daily situations
- Use appropriate social skills when working collaboratively with others.

INSTRUCTIONAL STRATEGIES

Instructional strategies may include Game Play, Demonstration, Socratic Teaching, Note Taking, Group Work, Presentation, Drills, Practice, Discussion and Peer Coaching.

ASSESSMENT AND EVALUATION

Students will be provided with specific DUE dates and ABSOLUTE DEADLINES for all assignments. The above Units of Study will constitute **70%** of the student's overall evaluation. Within each unit students will be assessed and evaluated under four achievement categories.

TERM WORK VALUE: 70%

KNOWLEDGE AND UNDERSTANDING 20%	THINKING AND INQUIRY 10%	COMMUNICATION 10%	APPLICATION 60%
<ul style="list-style-type: none"> z Quizzes z Tests z Assignments z Diagrams 	<ul style="list-style-type: none"> z Quizzes z Tests z Assignments z Diagrams z Strategies z Tactics z Labs 	<ul style="list-style-type: none"> z Assignments z Presentations z Journals z Demonstrations z Team/Game play z Poster/pamphlets 	<ul style="list-style-type: none"> z Daily Participation z Personal Fitness z Training Principles z Movement Skills z Safe Practices z Personal/Interpersonal Skill, including teamwork, fair play, and etiquette z Leadership z Initiative

SUMMATIVE WORK VALUE: 30%

Summative Fitness Profile **8%**
 Fitness Testing **7%**
 Final Exam **15%**

LEARNING SKILLS & WORK HABITS

Students will be assessed throughout the course on their achievement in the learning skills areas. These assessments may be teacher, peer or self assessments.

(Abridged list of Learning Skills descriptors from Curriculum Guidelines for Grades 9 - 12)

Responsibility	Organization	Independent Work	Collaboration	Initiative	Self-regulation
-completes and submits class work, homework, and assignments according to agreed-upon timelines - takes responsibility for and manages own behaviour	- devises and follows a plan and process for completing work and tasks - establishes priorities and manages time to complete tasks and achieve goals	-uses class time appropriately to complete tasks -follows instructions with minimal supervision -independently monitors, assesses and revises plans to complete tasks and meet goals	-responds positively to the ideas, opinions, values and traditions of others -shares information, resources and expertise and promotes critical thinking to solve problems and make decisions	-demonstrates the capacity for innovation and a willingness to take risks - demonstrates curiosity and interest in learning -approaches new tasks with a positive attitude	-sets own individual goals and monitors progress towards achieving them -seeks clarification or assistance when needed -identifies learning opportunities and strategies to meet personal needs and achieve goals

 Please sign below to indicate that you understand and accept the evaluation policies

Please provide the contact information below

STUDENT NAME(print) _____ Date: _____

Parent/Guardian Name (Print) _____ Signature: _____

Parent e-mail _____

*** PLEASE RETURN THIS FORM TO THE TEACHER