

# Henry Street High School

## PPL 104

Girls Healthy Active Living, Grade 9 Open

### COURSE OUTLINE

#### 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, and safety and injury prevention. They will investigate issues related to nutrition, healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs, and will participate in activities designed to develop goal setting, communication, and social skills. The course is composed of a number of activity units and 3 health units.*

#### UNITS OF STUDY

##### ACTIVITY UNITS:

Basketball  
Volleyball  
Football/Rugby  
Soccer/Lacrosse  
Badminton  
Dance  
Self Defence  
Fitness  
Games of Low Organization

##### HEALTH UNITS:

Sexuality  
Alcohol and Other Drugs  
CPR

#### ASSESSMENT AND EVALUATION

Students will be evaluated through participation, leadership, skill assessment (written and practical), personal fitness, health assignments and tests.

**70%** of the student's final grade will be based on term work.

The achievement categories and weights for the above evaluations will be as follows;

<b>Application</b>	<b>60%</b>
<b>Knowledge and Understanding</b>	<b>15%</b>
<b>Thinking and Inquiry</b>	<b>15%</b>
<b>Communication</b>	<b>10%</b>

**30%** of the student's final grade will be based on a semester end summative evaluation.

<b>Fitness Testing</b>	<b>10%</b>
<b>Movement Skills and Strategy</b>	<b>10%</b>
<b>Fitness Reflection</b>	<b>10%</b>

#### OTHER INFORMATION

Students are expected to be present, **in uniform**, and participating in a **positive, safe manner** for all activity classes. In order to keep the P.E. facilities clean and safe, "indoor" athletic shoes are mandatory in the gym and weight room. **YOU MAY NOT WEAR OUTDOOR FOOTWEAR IN THE GYM.**