

Henry Street High School

PPL 204

Girls Healthy Active Living, Grade 10 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
Rock Climbing
Fitness
Games of Low Organization

HEALTH UNITS:

Sexual Decision Making
Substance Abuse
Nutrition

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;

Application	60%
Knowledge and Understanding	15%
Thinking and Inquiry	15%
Communication	10%

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

Fitness Testing	10%
Movement Skills and Strategy	10%
Fitness Reflection	10%

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.**