

NEPEAN HIGH SCHOOL

Physical and Health Education Department

PAD 30

Prerequisite:

Teacher Name: Mrs Moons

COURSE DESCRIPTION:

This course introduces participation in a wide variety of outdoor activities such as canoeing, hiking, cross country skiing, rock climbing and others that promote lifelong healthy active living. Students will apply movement principles to refine skills and enhance their personal competence and personal fitness. They will examine issues related to healthy eating and environmental awareness. They will participate in extended trips designed to apply informed decision making, conflict resolution and social skills. Students may achieve certification in, First Aid, CPR and ORCKA Flatwater Canoeing for Solo and Tandem.

ASSESSMENT AND EVALUATION:

Category and Types of Assessment	Weight
Knowledge/Understanding <ul style="list-style-type: none">• apply their knowledge of guidelines and strategies that can enhance their participation in recreational and sport activities• use ethical strategies to enhance their performance in specific situations and conditions<ul style="list-style-type: none">- Tests- Quizzes	10%
Thinking/Inquiry <ul style="list-style-type: none">• identify the factors that contribute to positive relationships with others• identify strategies to minimize potentially dangerous situations<ul style="list-style-type: none">- Projects- Assignments	15%
Communication <ul style="list-style-type: none">• demonstrate responsibility for personal safety and the safety of others• demonstrate the social skills required to work effectively in groups and develop positive relationships with their peers.<ul style="list-style-type: none">- Logs- Journals- Class presentation	10%
Application/Connections <ul style="list-style-type: none">• participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation<ul style="list-style-type: none">- Participation in class and on trips- Leadership skills	35%
Summative Presentation on a Outdoor Recreational Advocate – 10% Trip Preparation and Fulfillment, Skill acquisition – 20%	30%