

# NEPEAN HIGH SCHOOL

Physical and Health Education Department

## **PPL 10**

Prerequisite:

Teacher Name: Mr. Bifulchi

### **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 principals, ways to improve personal fitness and physical competence, and safety and injury prevention. They will investigate issues related to 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.

### **ASSESSMENT AND EVALUATION:**

Category and Types of Assessment	Weight
<b>Knowledge/Understanding</b> <ul style="list-style-type: none"><li>• apply their knowledge of guidelines and strategies that can enhance their participation in recreation and sport activities</li></ul>	10%
<b>Thinking/Inquiry</b> <ul style="list-style-type: none"><li>• identify the factors that contribute to positive relationships with others</li><li>• explain the consequences of sexual decisions on the individual, family and community</li><li>• demonstrate strategies to deal effectively with the social influences that contribute to the use of alcohol, tobacco, and other drugs</li><li>• identify strategies to minimize potentially dangerous situations</li></ul>	10%
<b>Communication</b> <ul style="list-style-type: none"><li>• demonstrate responsibility for personal safety and the safety of others</li><li>• demonstrate an ability to use stress management techniques</li><li>• demonstrate the social skills required to work effectively in groups and develop positive relationships with their peers.</li></ul>	10%
<b>Application/Connections</b> <ul style="list-style-type: none"><li>• participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation</li></ul>	40%
<b>Summative</b> <ul style="list-style-type: none"><li>• demonstrate improved physical fitness</li><li>• use decision-making and goal-setting skills to promote healthy active living (Fitness Journal and Portfolio) 20%</li><li>• demonstrate personal competence in applying movement skills an principles (10%)</li></ul>	30%

