

NEPEAN HIGH SCHOOL

Physical and Health Education Department

PPL 20

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. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness, and health; examination of issues related to healthy sexuality, healthy eating, substance use and abuse; and the use of informed decision making, conflict resolution, and social skills in making personal choices.

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 recreation and sport activities	10%
Thinking/Inquiry <ul style="list-style-type: none">• explain strategies to promote positive lifestyle choices and relationships with others• demonstrate understanding of the factors affecting human sexuality as it relates to themselves and others• demonstrate understanding of the issues and coping strategies related to substance use and abuse• explain how healthy eating fits into a healthy lifestyle	10%
Communication <ul style="list-style-type: none">• demonstrate responsibility for personal safety and the safety of others• demonstrate an ability to use stress management techniques• demonstrate the social skills required to work effectively in groups and develop positive relationships with their peers.	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	40%
Summative <ul style="list-style-type: none">• demonstrate improved physical fitness• use decision-making and goal-setting skills to promote healthy active living (Fitness Journal and Portfolio) 20%• demonstrate personal competence in applying movement skills an principles (10%)	30%

