

# NEPEAN HIGH SCHOOL

Physical and Health Education Department

## **PPL 30**

Prerequisite:

Teacher Name: Mr. Byrne

### **COURSE DESCRIPTION:**

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practice goal-setting, decision-making, social and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety.

### **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>• demonstrate an understanding of sexual and reproductive health</li><li>• demonstrate in a variety of setting the knowledge and skills that reduce the risk to personal safety.</li><li>• describe the influence of mental health on overall well being</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%    |