

NEPEAN HIGH SCHOOL

Physical and Health Education Department

PPL 40

Prerequisite:

Teacher Name: Mr. Bifulchi

COURSE DESCRIPTION:

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students' interest throughout their lives. Students will develop and implement personal fitness plans. In addition, they will be given opportunities to refine their decision making, conflict resolution, and interpersonal skills, with a view to enhancing their mental health and their relationship with others.

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">• demonstrate an understanding of strategies to promote healthy relationships• demonstrate in a variety of setting the knowledge and skills that reduce the risk to personal safety.• demonstrate the ability to use strategies to enhance their own mental health and that of others• describe how society and culture affect individual perceptions and expressions of sexuality	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%

