



Westside Secondary School

Orangeville, Ontario, Canada

519-938-9355

www.ugdsb.on.ca/westside

Course: Healthy Active Living - Outdoor Activities		Grade 11 Open	Course Code: PAD 30
Teacher:	Mr. DeFabrizio - john.defabrizio@ugdsb.on.ca		
Program Leader: Ms. Lloyd - kathryn.lloyd@ugdsb.on.ca			

Course Description: This course focuses on the development of a personalized approach to healthy active living through participation in a variety of outdoor activities that have the potential to engage students' interest throughout their lives. By planning for and participating in hiking, winter camping and canoe tripping, students will be given opportunities to refine their decision-making, conflict resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others.

Course Fees (\$300): Some courses may provide enhancement opportunities for students to extend their learning and enrich their experience. These potential enhancements will incur a cost which the student will be expected to pay. The enhancement fee for this course will be outlined once the teacher has determined class interest. This fee could include, but is not limited to the following enhancement(s):

- Canoe Trip, Winter Trip, Skiing, Hiking, Orienteering, Swimming, Water Training

Financial assistance may be provided to support a student due to financial hardship or circumstance. Please speak with your teacher directly or ask your parent or guardian to contact a member of the administrative team.

Big Ideas:

1. * Developing competence will enhance lifelong participation
2. * A healthy lifestyle requires a positive attitude and should be safe, fun and engaging.
3. * Positive decision making and coping strategies can affect one's life.
4. * Healthy relationships are a result of positive interactions with others.
5. * An active lifestyle compliments an individual's overall wellness.

Overall Curriculum Expectations:

Living Skills

By the end of this course, students will:

demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade.

Active Living

By the end of this course, students will:

A1. participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of factors that can influence and support their participation in physical activity now and throughout their lives; A2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living;
A3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities

Movement Competence: skills, concepts, and strategies

By the end of this course, students will:

B1. perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities;
B2. apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities.

Healthy Living



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By the end of this course, students will:

- C1. demonstrate an understanding of factors that contribute to healthy development;
- C2. demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being;
- C3. demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being

Instructional Strategies: Westside teaching staff will use a variety of instructional strategies to help students develop and improve skills in the following areas: character, citizenship, communication, critical thinking and problem solving, collaboration and teamwork, and creativity and imagination.

Assessment and Evaluation:

Formative assessments are used to improve student learning by providing varied opportunities to demonstrate an understanding of course expectations in preparation for summative evaluations. Summative evaluations test groups of key expectations. Failure to complete a summative evaluation may result in the expectations of the course not being met and the credit not being granted.

More details about Westside's Assessment and Evaluation Policy is available at:

<http://www.ugdsb.ca/westside/wp-content/uploads/sites/74/2016/12/Westside-Assessment.pdf>

<p>Achievement Categories: Student learning is assessed and evaluated with respect to the following four categories of knowledge and skills.</p>	<p>Knowledge and Understanding: 25% Thinking: 25% Communication: 25% Application: 25%</p>
Term Work	(70%)
Unit of Study	Summative Evaluations
LOG's	Canoe Tripping & Winter Camping (Practical)
First Aid	Canoe Tripping & Winter Camping (Theory)
Map & Compass	
Environmental Stewardship	Environmental Issues Presentation
Clothing & Equipment	Book Report
Canoeing	Trip
Meal Planning	Trip
Final Summative	(30%)
Winter Camping	Trip
In Class Summative: Final 2 weeks of semester	Comprehensive Trip Plan
Exam Day Summative	Interview