



Westside Secondary School

Orangeville, Ontario, Canada

519-938-9355

www.ugdsb.on.ca/westside

Course: Healthy Active Living and Personal/Fitness Activities		Grade 11 Open	Course Code: PAF 30
Teachers:	Mr. Bosomworth - jordan.bosomworth@ugdsb.on.ca	Mr. Sharp - art.sharp@ugdsb.on.ca	
Program Leader: Ms. Lloyd - kathryn.lloyd@ugdsb.on.ca			

Course Description: This course focuses on the development of principles related to training and the impact it can have on individuals. Students will develop and implement personal physical fitness plans. This course is recommended for any student interested in developing a high level of physical fitness. Students will be exposed to a variety of training methods including weights, running, cycling, core training and circuit training.

Potential Enhancement Opportunity Fees (\$0 - \$50): All students will have the opportunity to demonstrate course expectations and attain the course credit with no financial cost. 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):

- Zumba, Gymnastics, Swimming, Rock Climbing, Hiking, Skating, Yoga, Skiing, Orienteering, Golf, Bowling, Crossfit

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:

Students will be able to...

1. Creating personal goals and applying them to an individualized fitness program will promote overall wellness.
2. Nutrition plays an important role in improving an individual's overall wellness.
3. Improving one's overall fitness requires comprehensive knowledge of the bodies muscles, how they work and how to train them.

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.



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Healthy Living

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%)
Fitness Inquiry/Testing	Reflection Assignments, Screencastify
SMART Goal Setting and Personal Reflection	Assignments
Muscle Groups, Actions, Exercises	Exercise Technique Presentation, Test
Types of Training Designs	Assignments, Test, Observations
Fitness Plan - Project Excellence	Project, Observations
Final Summative	(30%)
In Class Summative: Final 2 weeks of semester	'Bell Ringer' and Program Design Exams & Final Fitness Testing Screencastify Project
Exam Day Summative	Written Reflection Exam/Interview