



Westside Secondary School

Orangeville, Ontario, Canada

519-938-9355

www.ugdsb.on.ca/westside

Course: Healthy Active Living		Grade 10 Open	Course Code: PPL 30
Teacher:	Mr. Bosomworth - jordan.bosomworth@ugdsb.on.ca		
Program Leader: Ms. Lloyd - kathryn.lloyd@ugdsb.on.ca			

Course Description: This course enables students to further develop the knowledge and skills they need to make healthy choices. It places special emphasis on how students can maintain the habits of healthy, active living throughout their lives as they make the transition to adulthood and independent living. Through participation in a wide range of physical activities in a variety of settings, students can enhance their movement competence, personal fitness, and confidence. Students also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well-being is affected by, and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively.

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:

Fitness: Having a plan, and setting goals affects who we are and who we want to become.

Activity: Applying movement skills and strategies will improve our participation in physical activities. This will also improve our fitness and will encourage us to continue with lifelong physical activity.

Health: Understanding the components of personal health and wellness will allow us to make positive lifestyle choices.

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%)
Activity Unit 1: Net/Wall	<p>May be assessed in any of the following ways: Observations/Conversations; Activity Assessments; Reflections; Written Work (e.g. Google Classroom)</p>
Activity Unit 2: Invasion/Territory	
Activity Unit 3: Target	
Activity Unit 4: Striking/Fielding	
Activity Unit 5: Coaches Challenge	
Unit 6: Health	
Final Summative	(30%)
<p>In Class Summative: Final 2 weeks of semester</p>	CC SPA IV - Summative Performance Activities
Exam Day Summative/Fitness Inquiry	Written Reflective Exam or Interview