



# ARCHBISHOP DENIS O'CONNOR CATHOLIC HIGH SCHOOL

80 Mandrake Street, Ajax, Ontario L1S 5H4 Telephone (905) 427 - 6667 Fax (905) 427-7234 [www.docchs.com](http://www.docchs.com)  
 Principal: Mr. L. Coghlan Vice Principals: Mrs. M. Curran Mr. M. O'Brien

## Course Overview

<b>Academic Year</b>	2004 - 2005	<b>Teacher Name</b>	Mr. Orsag
<b>Department</b>	Physical Education Healthy Living	<b>Curriculum Chair</b>	Mr. L. Sposato

Curriculum Policy Document			
<b>Course Title</b>	Healthy Active Living Education	<b>Course Code</b>	PPL301(female) PPL302(male)
<b>Prerequisite</b>	Open	<b>Grade &amp; Type</b>	Grade 11 Male/female
<b>Department Recommendation</b>	Any grade 9 or 10 Health & Physical Education course	<b>Credit Value</b>	1.0

Course Description		
<p>The focus of this course is on physical activity. Through active participation in a well-balanced enjoyable program (i.e., individual, dual, team, fitness, interactive games), students will explore and continue to improve their movement skills, personal fitness, and personal competence. Students will gain the knowledge, skills, and attitudes needed to maintain a healthy lifestyle through the investigation of personal safety/injury prevention, healthy sexuality, and mental health. Students will develop a commitment to lifelong participation in enjoyable physical activity.</p> <p>This course provides an opportunity for teachers and students to integrate the body, mind, and spirit in light of Catholic faith development. It provides a forum where students can develop values and moral decision-making skills in situations they will encounter as they grow as young adult Christian believers. Improving the student's quality of life will be addressed through the health curriculum and physical activities. This will ensure growth in body, mind, and spirit. Pressure on students from outside sources in a changing world will require a strong foundation in critically understanding these forces and acting with an informed conscience in light of gospel values regarding human solidarity, compassion, and support. This course will help students to commit to a lifelong physical and spiritual wellness program.</p>		
Instruction Strands/Units		
Strand/Unit Titles	Approx. Time Spent	Overall Expectations/Unit Description
Physical Activity	27.5	<ul style="list-style-type: none"> <li>demonstrate personal competence in applying movement skills and principles;</li> <li>apply their knowledge of guidelines and strategies that can enhance their participation in recreational and sports activities.</li> </ul>



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<b>Active Living</b>	<b>27.5</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><li>• demonstrate improved physical fitness;</li><li>• demonstrate responsibility for their personal safety and the safety of others.</li></ul>
<b>Healthy Living</b>	<b>27.5</b>	<ul style="list-style-type: none"><li>• demonstrate an understanding of sexual and reproductive health;</li><li>• demonstrate, in a variety of settings, the knowledge and skills that reduce risk to personal safety;</li><li>• describe the influence of mental health on overall well-being.</li></ul>
<b>Living Skills</b>	<b>27.5</b>	<ul style="list-style-type: none"><li>• use decision-making and goal-setting skills to promote healthy active living;</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>



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<b>Student Evaluation Criteria</b>				
<b>Term Work</b>		<b>Culminating Activities</b>		<b>Final Report Card Grade Calculation – 100%</b>
<b>Categories</b>		Fitness Testing	10%	
Knowledge/Understanding	15%	Health Summative	10%	
Inquiry/Thinking	7%	ISU	10%	
Communication	14%		%	
Application	34%		%	
<b>Term Total 70%</b>		<b>Culminating Activity Total 30%</b>		

<b>Term Work Explained</b>		
<b>Evaluation Category</b>	<b>Value</b>	<b>Components</b>
APPLICATION	34%	<ol style="list-style-type: none"> <li>1. Daily participation, uniform, cooperation, attitude, safety, work ethic, social skills.</li> <li>2. Skill testing, skill improvement</li> <li>3. Positive interaction and group dynamics</li> <li>4. Leadership and Sportsmanship</li> </ol> <p><b>* If you are not in a "DOC" Phys. Ed. Uniform you will lose 1% per day for a total of 10% from the application category*</b></p>
KNOWLEDGE & UNDERSTANDING	15%	<ol style="list-style-type: none"> <li>1. Written rules tests</li> <li>2. Knowledge of the game</li> <li>3. Health tests/quizzes</li> <li>4. Health video questions/answers</li> <li>5. Health article questions/answers</li> <li>6. Library/internet assignments</li> <li>7. Fitness journal entries</li> </ol>
THINKING & INQUIRY	7%	<ol style="list-style-type: none"> <li>1. Describing and applying strategies and tactics of various sports</li> <li>2. Describing and applying health principles to societal situations</li> <li>3. Describing and applying movement principles to various sport skills</li> <li>4. Using decision-making skills to important health issues</li> </ol>
COMMUNICATION	14%	<ol style="list-style-type: none"> <li>1. Communicating ideas and feelings appropriately</li> <li>2. Expressing ideas and feelings in appropriate manner and tone</li> <li>3. Oral presentation</li> </ol>





Archbishop Denis O'Connor Catholic High School  
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Resources may include:	
<input checked="" type="checkbox"/> Textbook	<input checked="" type="checkbox"/> Guest Speakers
<input checked="" type="checkbox"/> Journals/Articles	<input type="checkbox"/> School Excursions
<input checked="" type="checkbox"/> Video Presentations	<input checked="" type="checkbox"/> Internet Searches
<input checked="" type="checkbox"/> Computer Work	<input checked="" type="checkbox"/> Library
<input checked="" type="checkbox"/> Simulations	<input checked="" type="checkbox"/> Labs
<input checked="" type="checkbox"/> Presentations	<input type="checkbox"/> Other
<input type="checkbox"/> Other	<input type="checkbox"/> Other

Classroom Policies & Procedures
<p><b>School policies on attendance, late &amp; missed assignments, uniform and student behaviours are published in the Student Agenda and on the school website (<a href="http://www.docchs.com">www.docchs.com</a>). Some examples of the major classroom expectations are highlighted below:</b></p> <ul style="list-style-type: none"> <li>• Arrive to class on time and in uniform</li> <li>• Bring all necessary materials to each class</li> <li>• Adhere to the late and missed assignment policy to the best of your ability</li> <li>• Ask for teacher assistance when required</li> <li>• Work cooperatively with the teacher and other students</li> <li>• Behave respectfully towards others in the classroom</li> <li>• If absent, obtain all notes and assignments from the teacher upon return to class</li> </ul>
<p style="text-align: center;"><b><u>Physical Health &amp; Healthy Living</u></b>  <b><u>Policy &amp; Expectations</u></b></p> <p>Welcome to the Health and Phys. Ed. Department. We are confident that you will enjoy this course. Your success will be determined by how hard you work.</p> <p>1. <b><u>UNIFORM</u></b></p> <p>A Phys. Ed. uniform is mandatory during the activity units. A uniform consists of a "DO'C" t-shirt, shorts or track pants, socks, and non-marking running shoes. These running shoes must be different than the shoes worn to other classes. Students will not be able to participate in class in their bare feet or socks. We recommend that students wear sunscreen during hot weather. In colder weather we allow students to wear warmer clothing over the top of their uniform provided it is suitable to our Catholic values. (no rude graffiti. etc).  <b><u>A STUDENT NOT IN PHYS. ED. UNIFORM WILL RECEIVE A MARK OF ZERO FOR THE CLASS.</u></b></p>



## *Course Overview*

### **2. ATTENDANCE**

*Students are expected to be in class at all times. Attendance will be taken at the beginning of class. Students are to remain in the teaching area (gymnasium, classroom, field, stage, etc.) until they are dismissed by the teacher. Under any circumstance is a student to leave the teaching area without permission.*

*Students will remain in the change room or gymnasium until the bell rings.*

***IF A STUDENT IS ABSENT FROM CLASS and not participating in' a school function THEY WILL RECEIVE A MARK OF ZERO.*** *If a student is absent for an extended period of time they may be required to complete a written assignment to make up for the lost marks. This must be an approved absence.*

*Students are responsible for any information missed while absent and for catching up on their notes. If a student is absent for a test we require a note from home explaining their absence. A make-up test will be administered at the convenience of the student and teacher.*

### **3. PUNCTUALITY**

*We expect students to arrive to class on time, dressed in their Phys. Ed. uniform ready to participate. Students will have 5 minutes to arrive to the gymnasium or classroom. They will be given 5 minutes to change. If students are not in their designated area after their allotted time, they will be deemed late. Students will lose marks if they are late. If lateness is habitual, parental and office intervention will occur.*

### **4. SICKNESS OR INJURY**

*We expect students to participate in class every day. If a student is too ill to participate, perhaps it would be best if they were at home. If students choose to be in class we expect that they will participate to the best of their ability. If a student is injured, we also expect they will participate to the best of their ability. A student with a sore leg may still be able serve volleyball, shoot a basketball, hit a baseball, but may not be able to run a mile. If a student is significantly ill or injured an assignment may be required to make up lost marks.*

*We ask that a note be sent from home regarding an injury or illness. Due to liability issues, a doctor's note will be required describing the injury and any restrictions the student may have. **IF YOU ARE INJURED IN CLASS PLEASE INFORM YOUR TEACHER, NO MATTER HOW MINOR.***



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### **5. JEWELRY/VALUABLES**

*Jewelry of any kind cannot be worn in Phys. Ed classes. Please store your jewelry and other valuables away in a safe place, preferably your locker. It is the responsibility of the classroom teacher to ensure that all entrances to the change room are locked. Please assist us in this endeavor.*

### **6. EQUIPMENT ROOM, WORKOUT ROOM AND TEACHER OFFICES**

*Students are not permitted in the storage area, the workout room or the teacher's office, unless they are accompanied by a teacher or directed by their teacher. Students are expected to treat the equipment with respect and not to abuse this privilege.*

### **7. SAFETY ISSUES**

- Eating, drinking, or chewing gum is forbidden in the gymnasium.*
- Grabbing the basketball net or rim is not allowed.*
- Horseplay anytime, anywhere in the school is not allowed.*
- Students cannot use any equipment without the supervision of a teacher.*
- Care must be taken when crossing the parking lot to our sports fields.*
- If you see an unsafe situation or feel unsafe during an activity please point it out to the teacher.*

***Please acknowledge that you have read this outline:***

<b><i>Date</i></b>	<b><i>Parent Signature</i></b>
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