



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
 Principal: Mr. L. Coghlan Vice Principals: Mrs. M. Curran Mr. M. O'Brien

Course Overview

Academic Year	2004 - 2005	Teacher Name	Mr. Sposato
Department	Physical Education Healthy Living	Curriculum Chair	Mr. L. Sposato

Curriculum Policy Document			
Course Title	Healthy Active Living Education	Course Code	PPL101(female) PPL102(male)
Prerequisite	Open	Grade & Type	Grade 9 male/female
Department Recommendation	Students in grade 9 or 10	Credit Value	1.0

Course Description		
<p>This course emphasizes participation in a variety of physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. Through the achievement of the Ministry and the Ontario Catholic School Graduate expectations the student will investigate issues related to healthy sexuality, causes of abuse and violence, the use and abuse of alcohol, tobacco, and other drugs, and will participate in activities designed to develop goal-setting, communication, social skills and personal competence. Aspects of this course may include career education, community resources, and education for exceptional students.</p> <p>Through Healthy Active Living Education students learn to appreciate the health and well-being of the entire person from a physical, social, emotional, intellectual and spiritual perspective. In addition, students gain respect for the many different ways and levels in which we have all been gifted by God. This course encourages respect for the dignity and welfare of self and others and promotes the living of gospel values.</p>		
Instruction Strands/Units		
Strand/Unit Titles	Approx. Time Spent	Overall Expectations/Unit Description
Physical Activity	27.5	<ul style="list-style-type: none"> demonstrate personal competence in applying movement skills and principles; demonstrate knowledge of guidelines and strategies that enhance participation in recreation and sport activities
Active Living	27.5	<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;



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
Principal: Mr. L. Coghlan Vice Principals: Mrs. M. Curran Mr. M. O'Brien

		<ul style="list-style-type: none">• demonstrate improvement in personal health-related physical fitness;• demonstrate safe practices regarding the safety of themselves and others.
Healthy Living	27.5	<ul style="list-style-type: none">• identify the factors that contribute to positive relationships with others;• explain the consequences of sexual decisions on the individual, family, and community;• demonstrate personal strategies to deal effectively with the social influences that contribute to the use and abuse of alcohol, tobacco, and other drugs (e.g., cannabis);• identify strategies to minimize potentially dangerous situations (e.g., violence prevention, injury prevention).
Living Skills	27.5	<ul style="list-style-type: none">• use appropriate decision-making skills to achieve goals related to personal health;• explain the effectiveness of various conflict resolution processes in daily situations;• use appropriate social skills when working collaboratively with others.



Course Overview

Student Evaluation Criteria				
Term Work		Culminating Activities		Final Report Card Grade Calculation – 100%
Categories		Fitness Testing	10%	
Knowledge/Understanding	17%	Health Summative	10%	
Inquiry/Thinking	7%	Sport Theory Summative	10%	
Communication	4%		%	
Application	42%		%	
Term Total 70%		Culminating Activity Total 30%		Final Total 100%

Term Work Explained		
Evaluation Category	Value	Components
APPLICATION	42%	<ol style="list-style-type: none"> Daily participation, uniform, cooperation, attitude, safety, work ethic, social skills. Skill testing, skill improvement Positive interaction and group dynamics Leadership and Sportsmanship <p>* 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*</p>
KNOWLEDGE & UNDERSTANDING	17%	<ol style="list-style-type: none"> Written rules tests Knowledge of the game Health tests/quizzes Health video questions/answers Health article questions/answers Library/internet assignments Fitness journal entries
THINKING & INQUIRY	7%	<ol style="list-style-type: none"> Describing and applying strategies and tactics of various sports Describing and applying health principles to societal situations Describing and applying movement principles to various sport skills Using decision-making skills to important health issues
COMMUNICATION	4%	<ol style="list-style-type: none"> Communicating ideas and feelings appropriately Expressing ideas and feelings in appropriate manner and tone Oral presentation



Course Overview

Resources may include:	
<input checked="" type="checkbox"/> Textbook	<input 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 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

School policies on attendance, late & missed assignments, uniform and student behaviours are published in the Student Agenda and on the school website (www.docchs.com). Some examples of the major classroom expectations are highlighted below:

- Arrive to class on time and in uniform
- Bring all necessary materials to each class
- Adhere to the late and missed assignment policy to the best of your ability
- Ask for teacher assistance when required
- Work cooperatively with the teacher and other students
- Behave respectfully towards others in the classroom
- If absent, obtain all notes and assignments from the teacher upon return to class

Physical Health & Healthy Living Policy & Expectations

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.

1. UNIFORM

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).

A STUDENT NOT IN PHYS. ED. UNIFORM WILL RECEIVE A MARK OF ZERO FOR THE CLASS.



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 to 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.****



Course Overview

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:

Date	Parent Signature
-------------	-------------------------