

# Lambton Kent Composite School

J. Keane, Principal



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**Course:** Healthy Active Living, Grade 11      **Course Code:** PPL 3O1      **Grade:** 11  
**Course Type:** Open      **Credit Value:** 1      **Prerequisite:** None  
**Curriculum Document:** *Health and Physical Education, Grades 9 - 12, 2015*  
**Textbook:** Healthy Active Living      **Teacher:** D. Kominek

## Course Description:

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practice goal-setting, decision-making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety.

## Required Materials:

For classes in the gym, students are expected to come to class every day prepared with:

Gym shirt      Gym Shorts      Running Shoes

For classes in the classroom, students are expected to come to class every day prepared with:

3-Ring Binder      Paper      Pens/Pencils

## Units of Study:

- |                                   |  |
|-----------------------------------|--|
| 1. Interactive Activities         | 6. Body Management                       |
| 2. Fitness                        | 7. Healthy Growth and Sexuality          |
| 3. Large Group Outdoor Activities | 8. Outdoor Recreation                    |
| 4. Large Group Indoor Activities  | 9. Personal Safety and Injury Prevention |
| 5. Small Group Indoor Activities  |  |

**Evaluation:** A student's final grade in the course will be determined as follows:

**70 % TERM MARK** A student's term mark will include a variety of evaluations such as daily in-class evaluations, tests, quizzes, assignments and presentations and will be marked according to the following weightings.

Knowledge and Understanding	20%	Application	55%
Communication	15%	Thinking and Inquiry	10%

**30 % SUMMATIVE EVALUATION** The summative evaluation will be in the form of written tests and physical performances.

## Late Assignment Policy:

Students are expected to submit all assignments within the time frame specified. While teachers will consider extenuating circumstances, late students are subject to mark deductions. If an assignment is late, a penalty of 10% per school day will be deducted, up to a maximum of 50%. Once assignments have been returned to the class, late submissions may receive a mark of **zero**.

**Student Expectations: In order to be successful in PPL 301 all students must:**

**1. Attend class every day:**

Physical Education is a participation based class. To be successful in this course, you need to attend every class and fully participate to the best of your abilities. During the health units, if you are absent it is YOUR responsibility to obtain notes from a classmate, catch up on missed work, find out about any upcoming evaluations, and see the teacher if you need assistance.

**2. Arrive to class prepared to work physically and mentally:**

Class time is precious and will not be wasted going to your locker or to the washroom. Make sure you bring the required materials and use the washroom during breaks. A mark out of 10 based on effort, participation, attitude, and attendance will be given daily. Students should be in change room before bell goes that begins class. Students are expected to start activity 3 minutes later. Class will be dismissed 5-7 minutes before the end of the period to allow students time to shower and change. Students are to stay in the Phys. Ed. Corridor by the Wall of Fame picture until the end of the period.

**3. Be Responsible:**

Students should report all injuries to the teacher immediately. Do not leave any valuables in the change room. Your teacher is not responsible for lost or stolen items. Please use the equipment with extreme care. Do not use damaged equipment. Report any damaged equipment to your teacher immediately. Use of all equipment and all facilities must be done under the supervision of a Teacher.

**4. Make arrangements for any missed tests/quizzes.**

If you know you are going to be away on the day of a test (sport/club etc) make sure you make arrangements with the teacher to write the test at an alternate time. For unexpected absences, see the teacher BEFORE CLASS on the day you are back at school. Tests or quizzes missed due to TRUANCY will result in a mark of ZERO.

**5. Homework:**

Homework may be given during the Healthy Living units. It is expected to be completed as directed by the teacher.

I understand the above expectations and I am ready to be successful in Physical Education:

\_\_\_\_\_  
STUDENTS SIGNATURE

\_\_\_\_\_  
PARENT'S SIGNATURE

