

MISSISSAUGA SECONDARY SCHOOL
COURSE OVERVIEW

Department: Healthy Active Living Education **Code:** PAF 20F
Course: Personal & Fitness Activities (Body Works), Grade 10, OPEN
Credit: 1.0
Prerequisite: None

The organization and evaluation of this course has been designed to conform to the requirements of Ontario Secondary Schools and the provincial curriculum guidelines.

Course Description

The grade 10 course helps students develop a personalized approach to healthy living. Students will examine the factors that affect their own health and the health of individuals as members of the community. Students will learn about the components of the *Vitality* approach to healthy living - *an initiative that promotes healthy eating, active lifestyle and a positive self-image*. Throughout the course, students will develop the skills necessary to take charge of and improve their own health, including encouraging others to adopt and lead a healthy, active lifestyle.

Overall Expectations

Through regular attendance and participation, by the end of the course, students will:

- Analyse and understand the role of individual responsibility in enhancing personal health;
- Analyse and understand the social factors that influence personal health;
- Understand and demonstrate a commitment to the *Vitality* approach to healthy living, and;
- Successfully develop and implement strategies to promote the *Vitality* approach.

Assessment & Evaluation

Assessment and evaluation in this course will be based on the provincial curriculum expectations incorporating **four broad categories (refer to the chart below)**. Students will be provided with numerous and varied opportunities to demonstrate the full extent of their achievement.

Determination of the final grade:

Term Work: 70% (based on the Categories of Knowledge & Skills chart below)
Final Evaluation: 30% (Health + Pre, Mid and Post Fitness Testing - 15%)

Term Work (70%):

The term work component will be calculated using a variety of assessment tasks throughout the course, over several concentrated units of study, using the following weighting:

10%	10%	10%	70%
COMMUNICATION	KNOWLEDGE AND UNDERSTANDING	THINKING AND INQUIRY	APPLICATION
May include: *Written notes or Oral reports *Interviews or Conferences *Assignments or Portfolios *Presentations or Simulations *Visual displays such as a poster or pamphlet *Discussions	May include: *Research notes or projects *Demonstrations *Simulations *Assignments or Portfolios *Written or Oral Assignments *Performance	May include: *Case studies or Research *Selected response or Quizzes *Performance *Reflection or Journal *Debates or Tests *Questionnaires or Surveys *Assignments or Portfolios	Will include: *Daily participation: Uniform and Effort *Movement skills: Performance or Analysis *Fitness *Labs or Reports *Simulations *Observations or Demonstrations

Learning Skills

**Independent Work *Team Work *Organization*
**Work Habits/Homework *Initiative*

Learning skills will be assessed throughout the course and are critical for academic achievement. Learning skills will not be included in the numeric mark, but have a direct impact upon on the final grade. They will be reflected on the report card as an alphabetical rating of: **E** (Excellent), **G** (Good), **S** (Satisfactory) and **NI** (Needs Improvement).

Checklist for Success

In order to be successful in this course, each student must:

- ✓ participate actively and cooperate with others in a safe and respectful manner;
- ✓ be punctual to class and attend daily*;
- ✓ must wear appropriate Phys. Ed. attire - Mississauga S.S. T-shirt (\$15.00) and Shorts (\$20.00), athletic socks and running shoes with non-marking soles, and;
- ✓ complete assignments (this includes summative and formative assessment tasks).

***Absences** - all absences require a telephone call to the attendance office **AND** a note of explanation upon return to class.

Missed Evaluation Policy

Students are expected to follow the school policy (outlined in the *Student Agenda*) regarding absence during an evaluation.

- If a student is **truant** *or* **purposefully avoids** *or* **does not give an honest effort** (cheating) on an evaluation, he/she will be assigned a mark of 0 (zero).
- If a student **misses an evaluation** due to **circumstances beyond their control** and these circumstances have been documented with the teacher, a mark of 1 (one) will be assigned. The mark of 1 (one) can be adjusted when the student makes up the missed evaluation. The missed evaluation **must be completed within a specified time frame** as determined by the supervising teacher. In the event that the student does not make up the evaluation, the mark of 1 (one) will remain. A missed evaluation, because a student goes on a vacation (for example), is not deemed to be a *circumstance beyond their control*. In this instance, the student will receive a mark of 0 (zero).

Additional Information

Plagiarism - including electronic theft and misrepresentation of original work, academic dishonesty (cheating), theft of evaluation instruments, use of unauthorized aids and false representation of identity will result in appropriate consequences including, but not limited to, a 0 (zero) on the evaluation.

Food and Drinks - are not permitted in the change rooms *or* activity areas.

P.E. Change Rooms/Showers - are available for day use only. Students need to bring a lock with them to class and must place all belongings in a locker. Locks and locker contents must be removed at the end of each day.

Electronic Devices and Valuables - cell phones, electronic devices and valuables such as wallets are not permitted in the change rooms *or* activity areas.

Course Fees - to be determined, subject to the availability and interest in supplementary curricular activities.

Equipment/Materials - Mississauga S.S. Phys. Ed. T-shirt and Shorts - **\$35.00** (purchased from the Phys. Ed. staff during the first week of each semester).

Date _____ Parent Signature _____