

PPL20 - Healthy Active Living Education

Mr. Laliberté - September 2017

Introduction

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. Mark 12:30

Redeemer PE courses calls each student to:

- Get and keep your **body** healthy through physical activity.
- Engage your **mind** as you think about what and how you are doing things.
- Tune your **soul** to God's will so that all your actions are guided by Him.
- Have a **heart** softened towards those around you, even in competitive situations.

Paying attention to your full being and giving yourself to God's purposes will allow you to ultimately fulfil your greatest and most important **purpose**:

To love the Lord your God and love your neighbour as yourself.

During this particular course, you will continue to develop some of the activities seen last year, including fitness. A positive attitude and good communication are important. We will seek to get healthier and have fun in the process; however, this should never be at the expense of others.

Evaluation

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| 1. Effort/Participation/Attitude | 50 % (A) |
| 2. Tests | 5 % (K/T) |
| 3. Assignments
(Healthy Reflections; Presentation; Leadership) | 15 % (C/T) |
| 4. Final Summative Evaluation | 30 % |
| a) Fitness - Test Scores | (10 %) (A) |
| b) Fitness –Trend/Consistency | (5 %) (A) |
| c) Fitness – Journal | (5 %) (C) |
| d) Final CPT (Course Summary) | (10 %) (K/T) |

Classroom Expectations:

You must always bring your PE binder to class. You must be seated at your desk before the bell rings.

If you are arriving late or returning to class (e.g. from an appointment) enter quietly and quickly return to your seat without engaging with other students. Do not interrupt the lesson; do not walk between the teacher and the class.

If a student is arriving or returning to class do not attempt to communicate with the student and risk interrupting the class.

When the bell rings **quietly** stay seated until your **teacher** dismisses you.

Gym Expectations:

You are given 5 min. to change and enter the gym once the bell announces start of regular class. Do not leave valuables in the change room.

The proper gym uniform (RCHS t-shirt, dark shorts or sweat pants, sports socks, non-marking athletic shoes) must be worn each day unless I give permission for special circumstances.

If you do not have the full appropriate gym uniform I make of note of it; the accumulation of this problem will affect your active participation mark.

Never help yourself to equipment in the equipment room unless instructed to do so.

Students are expected to help with equipment set up and removal; to be positive and be helpful towards others. *This primarily affects your attitude mark.*

Approx. 5 min. before the bell, the teacher will allow students to go change. Clean up is expected to be done before dismissal. If students are changed before the bell rings they must stay **quietly** by the gym.