

PPL10 (Boys and Girls) - Healthy Active Living

Mrs. Harris & Mr. Laliberté

January 2020

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

This passage incorporates all aspects of our humanity. This course incorporates this in two main ways:



1. **Joy of Movement** – There is a simple joy in movement, which can be experienced in thankfulness to God. However, our joy of movement should also allow others to be joyful in their movement as well. Physical play is helpful in developing a healthy body. And while your health cannot be used to indicate your relationship with God, being healthy does provide you the opportunity to be God's hands and feet so you can physically help those in need.

Throughout the course a crucial component will be your relationship with others. Does your effort and attitude create a positive and helpful atmosphere? This is what I will be looking for as you participate, whether you are in the gym, at the field or in the classroom.

2. **Knowledge** –

a) Rules and Strategies: Learning the rules to sports, games and activities allows for easier participation and for better group cohesiveness.

b) In-Class Units: These areas of study allow for a proper understanding of the healthy development and care of oneself and others. For example, all the physical activity in the world will be wasted if you don't know how to eat properly, or don't know how to avoid unnecessary risks.



Approx. Schedule

February - March

April - May

June

Throughout the Semester

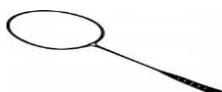
Activities

Indoor (Vball; Bball)

Indoor (Badm); Outdoor (Soccer)

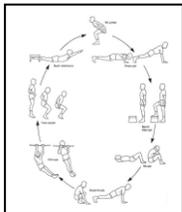
Summative

Fitness / In-class health



BLUEBUDDIES

Assessment of Learning



1. **Participation (Part/Eff/Att – 15/20/15)** **50 %** (A – Observations/Conversations)
2. **Tests/Assignments** **20 %** (K/C/T - Products)
3. **Final Summative Evaluation** **30 %**
 - a) Fitness –Test Scores (10 %) (A - Observations)
 - b) Fitness – Journal (5%) (A - Observations)
 - c) Final CPT (Course Summary) (15 %) (K/T - Product)

Evidence of student achievement for evaluation is collected over time from three different sources – observations, conversations, and student products.

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 overall assessment.*

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 is also reflected in your overall assessment.*

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. Do not leave the gym at any time without permission.

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. 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.

