

COURSE INFORMATION



DATE: September 2023

SCHOOL: Yeshiva High School of Ottawa

DEPARTMENT HEAD: N/A

TEACHER: Mr. Rey Pavon

DEPARTMENT: General Studies

CURRICULUM POLICY DOCUMENT		The Ontario Curriculum: Grades 9-12 – Health and Physical Education (2015)	
COURSE TITLE	Healthy Active Living Education, Grade 12	COURSE CODE	PPL40
PRE-REQUISITE	N/A	GRADE & TYPE	Grade 12 Open
FULL YEAR / SEMESTER	Year long	CREDIT VALUE	1.0

COURSE DESCRIPTION

This course enables students to further develop the knowledge and skills they need to make healthy choices. It places special emphasis on how students can maintain the habits of healthy, active living throughout their lives as they make the transition to adulthood and independent living. Through participation in a wide range of physical activities in a variety of settings, students can enhance their movement competence, personal fitness and confidence. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively.

UNIT DESCRIPTIONS:

UNIT 1 — INDIVIDUAL / PAIR ACTIVITIES

TIME: 20 HOURS

Students will develop movement skills and confidence participating in games and activities as an individual and as part of a pair. (E.g.: Passing skills for basketball, hockey)

UNIT 2 — PHYSICAL FITNESS

TIME: 30 HOURS

Students will understand the components of health-related fitness (cardiorespiratory, muscle strength and endurance, flexibility and body composition) and the potential benefits that can be achieved. They will assess their fitness levels and work on a personal program intended to address their goals.

UNIT 3 — SMALL GROUP ACTIVITIES

TIME: 20 HOURS

Students will develop movement skills and game strategies participating in games and activities as a member of a team. Activities in this unit may include badminton, paddleball, track-and-field and four-square.

UNIT 4 — LEADERSHIP

TIME: 14 HOURS

Students will adopt leadership responsibilities within the class and school setting. Students will plan group activities according to set criteria and standards and implement these activities while role-modeling positive leadership traits.

UNIT 5 — HEALTHY LIVING**TIME: 26 HOURS**

Students will explore issues concerning injury and risk-taking, mental health and stress management. Opportunities to develop decision-making and assertion skills will be provided throughout each topic.

STUDENT EVALUATION CRITERIA

TERM – 70%		FINAL – 30%		FINAL REPORT CARD GRADE CALCULATION
Knowledge/Understanding	25%	Knowledge/Understanding	25%	TERM TOTAL + FINAL TOTAL = REPORT CARD MARK
Inquiry/Thinking	25%	Inquiry/Thinking	25%	
Communication	25%	COMMUNICATION	25%	
Application	25%	Application	25%	

ASSESSMENT METHODS

OBSERVATIONS:	CONVERSATIONS:	PRODUCTS:
<ul style="list-style-type: none"> ● Informal presentations ● Reading skills ● Writing process steps (graphic organizers, research notes, outlines, drafts, editing checklists) ● Listening and speaking skills ● Self-assessment ● Records of practice including checklists, anecdotal notes (homework, classroom contributions, metacognition charts, notetaking) 	<ul style="list-style-type: none"> ● Peer feedback / editing ● Group work records ● Conferences (student- teacher, group) ● Classroom contributions ● Composition/ arrangements ● Response Journals 	<ul style="list-style-type: none"> ● Review quizzes ● Unit tests ● Projects ● Oral presentations ● Assignments ● Summative tasks ● Final Examination (30%)

LEARNING SKILLS

Report Cards will include a letter grade for the following Learning Skills:

INDEPENDENT WORK	<p>The student:</p> <ul style="list-style-type: none"> ▪ accomplishes tasks independently ▪ accepts responsibility for accomplishing tasks ▪ follows instructions ▪ regularly completes assignments on time and with care ▪ uses time effectively
COLLABORATION	<p>The student:</p> <ul style="list-style-type: none"> ▪ works willingly and cooperatively with others ▪ listens attentively, without interrupting ▪ takes responsibility for his/her share of the work to be done ▪ helps to motivate others, encouraging them to participate ▪ shows respect for the ideas and opinions of others
ORGANIZATION	<p>The student:</p> <ul style="list-style-type: none"> ▪ organizes work when faced with a number of tasks ▪ devises and follows a coherent plan to complete a task ▪ demonstrates ability to organize and manage information

RESPONSIBILITY	<ul style="list-style-type: none"> ▪ follows an effective process for inquiry and research
	<p>The student:</p> <ul style="list-style-type: none"> ▪ completes homework on time and with care ▪ follows directions ▪ shows attention to detail ▪ perseveres with complex projects that require sustained effort ▪ applies effective study practices
	<p>The student:</p> <ul style="list-style-type: none"> ▪ seeks out new opportunities for learning ▪ seeks necessary and additional information ▪ requires little prompting to complete a task, ▪ approaches new learning situations with confidence and a positive attitude ▪ seeks assistance when needed
INITIATIVE	<p>The student:</p> <ul style="list-style-type: none"> ▪ sets individual goals and monitors own progress ▪ seeks clarification or assistance when needed ▪ reflects and assesses critically own strengths, needs and interests ▪ perseveres and makes an effort when responding to challenges
SELF-REGULATION	<p>The student:</p> <ul style="list-style-type: none"> ▪ sets individual goals and monitors own progress ▪ seeks clarification or assistance when needed ▪ reflects and assesses critically own strengths, needs and interests ▪ perseveres and makes an effort when responding to challenges

NOTE: The above chart is a reformatting of the skills identified in the Ministry of Education's *Guide to the Provincial Report Card, Grades 9 – 12 : Appendix C: pages 27 to 29*.

POLICIES AND PROCEDURES	
ATTENDANCE	<p>The Ontario Ministry of Education requires 110 hours of instruction for each course. As such, it is essential for the students to arrive punctually to each class.</p> <p>Students arriving more than ten minutes late will be marked “Late” on their report card.</p> <p>Students who are absent for an acceptable reason (see below) still have to make up the number of hours missed under the supervision of a teacher or the principal according to their availability. It is the student’s duty to determine and arrange this supervision, and YHSO does not guarantee teacher’s or principal’s availability.</p> <p><i>Students who are absent for non-acceptable reasons will forfeit their credit.</i></p> <p>ACCEPTABLE REASONS FOR ABSENCE</p> <ul style="list-style-type: none"> • Medical reason (may require a physician’s note) • Family trips or special occasions (up to four missed classes per course) <p>Regardless of reason for an absence, if a student misses more than 26 classroom hours they will forfeit their credit.</p>
ASSIGNMENTS	<p>Students are responsible to complete all their assignments and homework on time. Teachers will write all assignments, homework and tests on a classroom board, along with their due dates, but students are accountable to complete these assessments punctually. <i>Assignments handed in late may result in a deduction of marks.</i></p> <p>Teachers will post all assessments and assignments and their due dates on Google Classroom. Students and their parents will have access to the Google Classroom for their courses.</p>
BEHAVIOUR	<p>Students may not act in any manner that disrupts the education of another, or distracts a teacher. This includes:</p> <ul style="list-style-type: none"> • Excessive noise • Physical disruptions • Eating (unless granted individual permission) • Use of technology not for schoolwork purposes • Acts of disrespect such as name calling, abusive or offensive language or gestures

	Failure to adhere to these rules will result in disciplinary action as described in the Student Handbook and Course Calendar.
PLAGIARISM	Academic integrity and honesty is expected from every student in Yeshiva High School of Ottawa. We take all instances of suspected dishonesty, plagiarism, or any form of “cheating” very seriously. A student who submits work that is, in whole or in part, plagiarized, will be subject to academic penalties. Repeated infractions may result in the loss of a credit and further disciplinary action. A student who assists another student in academic dishonesty may face academic consequences, including revocation of a credit.