

WESTLANE SECONDARY PHYSICAL EDUCATION PPL10

STUDENT REQUIREMENTS:

1. **PARTICIPATION:** To be in a state of health allowing **full participation** in **ALL** phases of the program. Students with continued medical restrictions over an extended time period are at a severe disadvantage. Excuses from participation (or reduced participation) for short time periods (allergies, asthma, injuries, etc.) **MUST** be accompanied by a medical certificate.
2. **REGULAR ATTENDANCE & UNIFORM** for classes assures maximum opportunity for participation and success in all phases of the course.
3. **PUNCTUALITY:** Students should be in uniform and ready to begin classes on time. This allows full utilization of the time allotted for physical and health education. Late arrivals are an inconvenience and a disruption to the other students.

UNIFORM REQUIREMENTS:

- **Shirt:** Westlane T-shirt
- **Shorts:** Westlane shorts or black athletic shorts
- **Shoes:** Any athletic shoe with non-marking sole. Street shoes are unacceptable. Studded shoes are to be taken on and off outdoors, and are used for outdoor activities only.
- **Sweatsuits:** (including jogging pants, and/or a sweatshirt, or jacket). Are acceptable for outdoor, cool weather activities.
- **Jewellery & Electronic Devices:** It is highly encouraged that precious jewellery not be worn during physical education classes. It may break, become lost, and/or injure yourself and others. With the exception of a watch (for outdoor activities) and wedding bands, jewellery is to be kept to a minimum. The use of electronic devices (e.g. iPod) are subject to teacher approval during individual fitness activities only and are not permitted to be worn during other class activities.



SPECIAL NOTES:

1. A daily shower, while not a requirement, is highly recommended. The students shall provide his/her own towel and soap.
2. Personal valuables, including money, cell phones, etc. should be left in your locker for safekeeping during physical education classes. Safety baskets, located in the change rooms, are available during class and after school. Students wishing to use these baskets will be required to use their own combination lock. Students are responsible for the safekeeping of their own valuables.
3. **Proper language is expected at all times!**

PPL10 COURSE Description:

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, apply movement principles to refine skills, have opportunities to improve personal fitness and physical competence, and demonstrate proper safety and injury prevention. Students will investigate issues related to healthy sexuality, substance use and abuse, and will participate in activities designed to develop goal-setting, communication, and social skills to make informed personal choices.

OVERALL COURSE EXPECTATIONS:

1. Demonstrate personal competence in applying movement skills and principles.
2. Demonstrate knowledge of guidelines and strategies that enhance participation in recreation and sport activities.
3. Participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation.
4. Demonstrate improvement in personal health-related physical fitness.
5. Demonstrate safe practices regarding the safety of themselves and others.
6. Identify the factors that contribute to positive relationships with others.
7. Explain the consequences of sexual decisions on the individual, family, and community.
8. Demonstrate personal strategies to deal effectively with the social influences that contribute to the use and abuse of alcohol, tobacco, and other drugs.
9. Identify strategies to minimize potentially dangerous situations.
10. Use appropriate decision-making skills to achieve goals related to personal health.
11. Explain the effectiveness of various conflict resolution processes in daily situations.
12. Use appropriate social skills when working collaboratively with others.



EVALUATION:

PPL10	70% Course Work* <ul style="list-style-type: none">• Active Participation – 30%<ul style="list-style-type: none">○ Daily Participation, Effort, Attitude, Safety• Skills Demonstration – 15%<ul style="list-style-type: none">○ Refined skills, Assignments, Quizzes• Health Units – 20%<ul style="list-style-type: none">○ Assignments, Quizzes, Unit Tests• Personal Fitness – 5%<ul style="list-style-type: none">○ Participation in fitness-related activities throughout the semester
	30% Course Culminating Activities* <ul style="list-style-type: none">• Final Exam/Project/Portfolio – 20%• Final Fitness Evaluation – 10%<ul style="list-style-type: none">○ Muscular Strength, Muscular Endurance, Cardiorespiratory

*Subject to change – approximate % breakdown