

WESTLANE SECONDARY PHYSICAL EDUCATION PPL20

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!**

PPL20 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 eating, 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 can enhance their participation in recreation and sport activities.
3. Participate regularly in a balanced instructional program that includes a wide variety of physical activities that encourage lifelong participation.
4. Demonstrate personal health-related physical fitness.
5. Demonstrate responsibility for personal safety and the safety of others.
6. Explain strategies to promote positive lifestyle choices and relationships with others.
7. Demonstrate understanding of the factors affecting human sexuality as it relates to themselves and others.
8. Demonstrate understanding of the issues and coping strategies related to substance use and abuse.
9. Explain how healthy eating fitness into a healthy lifestyle.
10. Identify ways of taking appropriate action in new situations based on knowledge of positive decisions related to healthy active living.
11. Demonstrate understanding of conflict resolution, anger management, and mediation.
12. Use appropriate social skills and positive attitudes when interacting with others.

EVALUATION:

PPL20	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, Flexibility

*Subject to change – approximate % breakdown