

WESTLANE SECONDARY PHYSICAL EDUCATION PPL40

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 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!**

PPL40 COURSE Description:

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Activities in this course may take place in the community and so a fee of \$60 is often required to participate in events such as: lawn bowling, curling, rock climbing, fencing, etc. Students are highly recommended to participate in field trips as often as possible to maximize their opportunities for lifelong learning. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practice and refine their goal-setting, decision-making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety with a view to enhance their own personal health and relationships with others.

OVERALL COURSE EXPECTATIONS:

1. Demonstrate personal competence in applying complex movement skills and principles.
2. Apply the guidelines and strategies that enhance participation in recreational and sports activities.
3. Participate regularly in a balanced instructional program that includes a wide variety of physical activities that encourage lifelong participation.
4. Develop personal health-related physical fitness.
5. Demonstrate responsibility for their personal safety and the safety of others.
6. Describe how society and culture affect individual perceptions and expressions of sexuality.
7. Demonstrate an understanding of strategies that promote personal safety and prevent injuries.
8. Demonstrate an ability to use specific strategies to enhance their own mental health and that of others.
9. Demonstrate an understanding of strategies that promote healthy relationships.
10. Use decision-making and goal-setting skills to enhance their daily lives.
11. Demonstrate an understanding of the importance of respect for self and respect for others in reducing conflict in their personal lives.
12. Use social skills to work effectively in groups and enhance relationships.

EVALUATION:

PPL40	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">○ Movement skills, Assignments, Quizzes• Health Units – 15%<ul style="list-style-type: none">○ Assignments, Quizzes, Unit Tests• Personal Fitness – 10%<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 Demonstration – 20%• Final Exam – 10%

*Subject to change – approximate % breakdown