**Course Name: PPL1OX**

**Teacher Name: Mrs. Wolf**

**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, ways to improve personal ﬁtness and physical competence, and safety and injury prevention. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs, and will participate in activities designed to develop goal-setting, communication, and social skills.

**Critical Elements**

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

**Units of Study**

**Activities Include:** Leadership games, Games of low organization, Rugby, Football, Basketball, Ultimate Frisbee, Badminton, Raquetball, Volleyball, Lacrosse, Soccer, Floor Hockey, Agility training, Weight lifting, Circuit training, Self Defense, Pilates, Yoga

**Health Studies Include:** Healthy Growth & Sexuality, Personal Safety & Injury Prevention, Substance Use & Abuse, CPR Training

**Course Evaluation**

Student work will be evaluated using a balance of the Ministry’s four achievement chart categories: knowledge & understanding, thinking & inquiry, application, and communication.

Throughout the course teachers will gather evidence of student learning of the **Critical Elements** through observations, conversations, and student-produced work.

Seventy percent (70%) of the final mark will come from term work, and thirty percent (30%) will come from final evaluations.

Successful completion of **all** **critical elements** is required to earn the course credit.

**Course Work 70%**

Participation 55%

Work ethic Cooperation Student Led Warm-ups

Initiative Attitude Self-Evaluations

Listening skills Leadership Uniform

Self Defense 5%

Active Skills Test

Health 10%

Assignments/Quizzes/Journal

CPR Written Test

**Summative 30%**

Summative Leadership Games Assignment 20%

Summative Health Test 10%

**Late and Missed Assignments**

Students at BCI will be responsible and complete all assigned work in a timely manner. This includes homework, process work, readings etc. so that you are prepared for class. Students will also be responsible to hand in assignments and write tests on their respective due dates. Students are expected to discuss alternative arrangements with their teachers if assignments and tests are not submitted due to unforeseen circumstances.

**If you do not submit a major assignment on the due date any combination of the following may occur:**

* Your teacher will meet with you to discuss the reason why the deadline was not met. As a result of this meeting: an extension or an alternative assessment may be given and your parent/guardian may be contacted to discuss next steps.
* You may be referred to PASS or to Student Success to complete the assignment. Your teacher and or Vice Principal will determine if this completion will take place during lunch or during class time.
* Your completed work will be evaluated. Students who do not submit work in a timely manner shall have this reflected in the Learning Skills and Work Habits section on the Provincial Report Card.
* If work is still not submitted on the established date or if you do not follow through with PASS/Student Success you will be referred to your Vice Principal and next steps may include but are not limited to: student referral to in-school intervention support (School Success Team, Special Education LAC, Guidance etc.); a negotiated extension that meets teacher mark reporting deadlines; and/or an alternative opportunity for the student to demonstrate the same critical elements, or an “incomplete” (I) will be entered for this evaluation.
* The use of “I” indicates that work has not been submitted. When determining a final grade the teacher’s use of professional judgement based on interventions and data collected determine whether or not the student has demonstrated the required critical elements at another point in the course.

**Cheating and Plagiarism**

Cheating and plagiarism are serious academic offences. Plagiarism is defined as using the work of someone else as their own. Using the writings, inventions, or ideas of another without proper sourcing is considered plagiarism. To plagiarize is to be dishonest with your teacher, your peers, your ‘sources’ and yourself. The acts of cheating and plagiarism will not be tolerated. Both academic and behavioural consequences should be expected.

**Consequences:**If your teacher suspects that you have plagiarised or cheated, your teacher will inform your Vice Principal and meet with you to determine the nature, intent and extent of the incident and your understanding of the situation.

**If it is determined that you have plagiarised/cheated you may face one or more of the following:**

* Your parents will be notified.
* Within a given timeframe, given the opportunity to redo part or all of the assignment, or complete an alternative assignment.
* A record of your academic infraction will be logged and kept on file until you graduate.
* The incident will be reflected on your report card in the Learning Skills and Work Habits section of the Provincial Report Card.

**In consultation with Administration additional consequences may be determined such as:**

* Serve a detention or an in-school suspension, or a suspension.
* Limit your access to recognitions (e.g., school awards, scholarships).

All consequences will be progressive in nature and take into consideration the number and frequency of incidents and the grade level, maturity and individual circumstances of the student

**Learning Skills**

The Learning Skills and Work Habits section of the provincial report card is an integral part of a student’s learning. Students will be assessed in the following areas:

|  |  |  |
| --- | --- | --- |
| * Responsibility | * Independent Work | * Organization |
| * Initiative | * Collaboration | * Self-Regulation |

The following scoring system is used for Learning Skills:

E=Excellent; G=Good; S=Satisfactory; N=Needs Improvement

**Course Specific Information**

Uniform Requirements

* Course Fee ($25) – see parent/guardian letter for details
* White Bluevale T-shirt ($10)
* Burgundy Shorts ($15.00) (Cheques payable to Bluevale Collegiate Institute)
* Sweat socks
* **Athletic** running shoes
* **Hair tied back and/or pulled off the face**
* Athletic pants and long-sleeved shirts are only permitted during cool, outdoor classes
* Tank tops are not allowed
* Hats, sunscreen, and sunglasses are encouraged for outside activity
* Students will be advised of outdoor winter activities so they may dress appropriately

Attendance/Punctuality

* This is a **participation-oriented** course; therefore, students are expected to attend all classes.
* Please arrive to class on time and in full uniform.
* Students are not excused from participating in class without a note from parents.

Valuables

* **Please DO NOT LEAVE VALUABLES OR MONEY in the change room during class time.**
* A “valuables” box is available from your teacher.
* The teacher, Health and Physical Education Department and Bluevale C.I. are not responsible for lost or stolen items.

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**Signatures**

Please sign below indicating you have read and understood this course outline, including the requirements for successful completion of this course, and return this portion of the sheet to your teacher:

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please indicate best method of communication: \_\_\_\_\_\_\_

Guardian’s Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian’s email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher’s email: [bethany\_wolf@wrdsb.on.ca](mailto:bethany_wolf@wrdsb.on.ca)

**On the remainder of this cut-off sheet, or by emailing me, please provide any information concerning your daughter that you feel may assist me in providing an optimal learning environment for her.**