



Health & Physical

Education, Grade 12

PLF4M0

OVERARCHING LEARNING GOALS

- Students develop leadership attributes, skills and styles while understanding group dynamics and apply teamwork in a variety of healthy living contexts.
- Students develop a plan and coordinate safe leisure events that promote the benefits of lifelong participation in active recreation and healthy living.
- Students apply an understanding of environmental stewardship by assisting others to implement a holistic plan to promote healthy active living.

SUCCESS CRITERIA

- Students can demonstrate the importance of leadership and the skills needed to be an effective leader.
- Students can demonstrate skills in a variety of contexts related to healthy active living.
- Students can demonstrate factors, strategies, behaviours and teamwork skills to facilitate group effectiveness.
- Students can explain the terms active recreation and healthy leisure.
- Students can describe the motivational factors, potential challenges and the benefits that affect lifelong participation in active reaction and healthy leisure.
- Students can develop and implement an action plan to run a healthy active living event.
- Students can describe the concepts of mentorship, and identify the attributes of an effective mentor.
- Students can describe how making healthy choices related to physical activity and healthy eating contribute to better physical, mental, social health and personal well-being.
- Students can demonstrate the ability to help others develop and implement a personal healthy active living plan.

TERM EVALUATION (70%)

Your term mark is distributed evenly across the 4 overarching learning goals and the 4 achievement chart categories.

Evaluation will be based on daily participation, fitness assessments, reflections, safety, interpersonal skills, leadership, movement skills, video analysis, observations, conversations, health projects, and inquiry projects.

FINAL EVALUATION (30%)

A conference and portfolio will be used to consolidate the knowledge and skills you have acquired over the course of the semester for all 4 strands and Overarching Learning Goals. More information on this will be available in a separate document.

LEARNING SKILLS

The following learning skills will be taught and assessed throughout the course and rated on the report card:

Independent work habits
Organizational skills

Responsibility
Collaboration

Initiative
Self Regulation

These skills will not be included in the final numeric mark unless they are part of the provincial curriculum expectations for the course.