



# ST. THOMAS AQUINAS SECONDARY SCHOOL

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*We believe that each one, created in the image and likeness of God, is called by name into the Dufferin-Peel community to realize the Ontario Catholic School Graduate Expectations to the fullest extent possible as we all journey from the early years to vocation.*

## COURSE OUTLINE

<b>Department Name:</b>	Health and Physical Education
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<b>Course Name:</b>	Healthy Living & Personal & Fitness Activities
<b>Course Code and Section:</b>	PAF 30F PAF 30M
<b>Learning Platform:</b>	Google Classroom and/or D2L
<b>Textbook(s):</b>	N/A

<b>Course Description:</b>	This course enables students to further develop the knowledge and skills they need to make healthy choices now and lead healthy, active lives in the future. Through participation in a wide range of physical activities and exposure to a broader range of activity settings, students enhance their movement competence, personal fitness, and confidence. Students also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well-being is affected by and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively. The focus of this course is on strength and fitness conditioning programs.
<b>Strands/ Units:</b>	Active Participation and Living Movement Skills and Competence Healthy Eating and Current Issues Personal Safety and Injury Prevention Mental Illness Substance Abuse and Decision Making
<b>Corresponding Catholic Graduate Expectation Indicators for each Strand/Unit</b>	Participates in leisure and fitness activities for a balanced and healthy lifestyle. Works effectively as an interdependent team player. Makes decisions in light of gospel values with an informed moral conscience. Demonstrates a confident and positive sense of self and respect for the dignity and welfare of others.

### Assessment and Evaluation:

Category Weightings	Weight
Knowledge/Understanding	15
Thinking	15
Communication	20
Application	50

Final Summative Assessments	Grade Distribution
Term Work	70%
Course Culminating	30%

**Assessment and Evaluation Strategies Employed in the Course:**

Checklists, practise test, rating scales, tests, essays, rubrics (a set of scoring outlines for evaluation student work), self and peer assessment, anecdotal reports

**Focus on Learning Skills**

<b>Works Independently</b>	<b>Teamwork</b>	<b>Organization</b>	<b>Work Habits/Homework</b>	<b>Initiative</b>
<ul style="list-style-type: none"> <li>▪ follows instructions,</li> <li>▪ completes assignments on time, uses time effectively</li> </ul>	<ul style="list-style-type: none"> <li>▪ solves problems collaboratively, contributes ideas and information to solve problems and make decisions, shows respect for members of group</li> </ul>	<ul style="list-style-type: none"> <li>▪ follows specific steps to reach goals, revise strategies, when necessary, demonstrates ability to organize and manage information</li> </ul>	<ul style="list-style-type: none"> <li>▪ follows instructions, uses time efficiently, completes homework on time and with care</li> </ul>	<ul style="list-style-type: none"> <li>▪ attempts a variety of learning activities, requires little prompting to complete tasks, seeks additional information in the various media</li> </ul>

**COURSE INFORMATION**

**Assignments**

To be eligible for full marks, assignments must be handed in at the beginning of the period on the specific due date. Assignments handed in after this time will be considered late and will be penalized. All assignments will have a due date. All work handed in after the due date and before the closure date (**3 school days**) will face a **penalty of 10%**. Once the closure date has been reached the assignment will be given a **grade of zero**. If for a legitimate reason, such as an illness, you cannot meet the specified due date alternative arrangements may be made with the teacher in advance. Should any major culminating activity such as the CPT be missed, student will be referred to the appropriate administrator.

**Homework**

Homework assignments will be checked on a regular basis. Failure to complete homework assignments will result in you staying at lunch and/or after school to complete the work. Should this become a regular occurrence your parents will be contacted. Homework is reported in the section of learning skills and work habits, separate from achievement of curriculum expectations.

**Tests**

Quizzes may be given at any time without prior warning. Students who miss a test because of illness or an emergency must provide a note from their doctor the day of their return. ***Missed tests will be written the day of the students return to class from their illness.*** Any test missed by a student without a legitimate reason will merit a zero.

**Absenteeism**

When a student is absent from class it is the student’s responsibility to catch up on missed work. Students should arrange to have another class member save copies of any handouts given on the day they are absent from class.

**Classroom Behaviour**

It is expected that you will conduct yourself in a serious and conscientious manner in class. Interest in your work and consideration for others are appreciated every day. Disrespect of the teacher or other students, lateness and neglect of work will not be tolerated. Problems in these areas will be referred to the office and parents will be contacted.

**Uniform**

Full uniform is expected in the classroom. Any student not wearing the proper uniform will be sent to the vice principal. Refer to page 8 in your school agenda.

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

**Parent/Guardian Signature:** \_\_\_\_\_