



Welcome to Active Living 11

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Purpose:

The aim of this course is to enable all learners to enhance their quality of life through active living.

Students are expected to:

- Plan, prepare, execute and document 16 weeks of physical activity logs
- Perform three standardized fitness tests throughout the course
- Complete the required written assignments covering the curricular competencies

Goal of Active Living 11

- Through participation in physical education, students will develop the knowledge, skills and attitudes necessary to incorporate physical activity into regular routines and leisure pursuits to live active, healthy lifestyle.

Big Ideas

- Physical Activities is an important part of overall health and well-being
- Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity
- Safety and injury prevention practices allow lifelong participation in physical activities

Curriculum Competencies:

Health and Well-Being

- Role of nutrition and its effect on health and performance
- Short and long-term consequences of health decisions
- Benefits of physical activities for health and mental well-being
- Exploring motivation with these key questions:

- What physical activities am I passionate about?
- Could I do these activities after I finish secondary school?
- Do I prefer individual or group-based activities?

Safety

- Physical activity safety and etiquette
- Injury prevention and management
- Demonstrate a personal functional level of activity-specific motor skills.

Participation

- Proper physical movement patterns including non-locomotor, locomotor, and manipulative skills
- Ways to monitor physical exertion levels
- Potential barriers to participation

Active living leadership skills

- Demonstrating respect for self and others individual abilities
- Demonstrating emotional self-control
- Volunteering (in a class or community environment)
- Leading others in warm-ups or cool-downs
- Mentoring others

Assessment:

- Your grade will be composed of written assignments, fitness logs, and fitness tests.
- Assessment is intended to provide ongoing descriptive feedback to students.
- Provides varied and multiple opportunities for learners to demonstrate and evolve with their learning.
- Promotes development of student self-assessment and goal setting.
- Communicates clearly to the learner and parents where the student is, what they are working towards, and the ways that learning can be supported
- Your course is broken down into the following percentages
 - ❖ Substantive Assignment – 5%
 - ❖ Proof – 5%
 - ❖ Assignments – 25%
 - ❖ Fitness Tests – 25%
 - ❖ Fitness Logs – 40%

Students will be fully enrolled in their course once their Substantive Assignment is completed and submitted to their instructor for assessment. Students will be expected to demonstrate an understanding of health, skill and movement related components of fitness (A2). Implement a comprehensive physical activity plan-incorporating goal setting processes, components of fitness, considerations of personal abilities and interests, nutritional considerations, principals of training (A3). Participate daily in moderate to vigorous physical activity to enhance fitness. (A4)

Attendance:

Please be aware that Island Connect K -12 does not have a general attendance requirement. However, it is in your best interests to make a habit of checking in with your teacher at least once a week – face to face, by email, phone or by submitting work in Blackboard. Past learners have stated that such contact promotes engagement with the course materials and serves to motivate them to complete the work in a timely fashion.