



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 as we all journey from the early years to vocation.

COURSE OUTLINE

Department Name:	Health and Physical Education
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Course Name:	Grade 10 Healthy Active Living Education
Course Code and Section:	PPL 20F PPL 20M

Course Description:

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, students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. 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. Active participation in physical activities is the critical element of your final evaluation.

Strand / Units	Catholic Graduate Expectations
Active Participation & Healthy eating Personal Safety & Injury Prevention Substance Use & Addictions Healthy Relationships & Decision Making Individual & Team Activities	This course helps students to meet the Ontario Catholic School Graduate Expectations by enabling each person to become participants in leisure and fitness activities for a balanced and healthy lifestyle.

Assessment and Evaluation:

Category Weightings	Weight
Knowledge/Understanding	15
Thinking	15
Application	55
Communication	15

Final Summative Assessments	Grade Distribution
Term Work	70
Course Culminating	30
Exam	N/A