



ST. THOMAS AQUINAS SECONDARY SCHOOL

25 Corporation Drive
Brampton ON, L6S 6A2
Phone: 905.791.1195

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:	Healthy Living and Personal and Fitness Activities
Course Code and Section:	PPL 401 Co-ed

Course Description:

This course enables students to further develop the knowledge and skills they need to make healthy choices. It places special emphasis on how students can maintain the habits of healthy, active living throughout their lives as they make the transition to adulthood and independent living. Through participation in a wide variety of physical activities in a variety of settings, students can 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.

Strand / Units	Catholic Graduate Expectations
Active Participation and Living Movement Skills and Competence Healthy Eating and Decision Making Violence, Harassment and Abuse Substance Use and Addictions Healthy Relationships	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