

**Course Description**

This course equips students with 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.

**Strands of Study**

The expectations for the grades 9 and 10 Healthy Active Living Education courses are organized in three distinct, but, related strands – **Active Living**, **Movement Competence**, and **Healthy Living**. Integral to expectations in these strands, is a further set of expectations – \* **Living Skills** - which focus on Personal, Interpersonal, and Critical and Creative Thinking skills. The same Living Skills expectations are embedded throughout the curriculum in all Health and Physical Education courses and are taught, assessed, and evaluated in conjunction with learning in each of the strands.

The program will be delivered with a balanced approach according to the following four content areas of the curriculum:

Active Living	Movement Competence	Healthy Living	*Living Skills
<ul style="list-style-type: none"> <li>Active Participation</li> <li>Physical Fitness</li> <li>Safety</li> </ul>	<ul style="list-style-type: none"> <li>Movement Skills and Concepts</li> <li>Movement Strategies</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Eating</li> <li>Personal Safety and Injury Prevention</li> <li>Substance Use, Addictions, and Related Behaviour</li> <li>Human Development and Sexual Health</li> </ul>	<ul style="list-style-type: none"> <li>Personal Skills</li> <li>Interpersonal Skills</li> <li>Critical Thinking</li> </ul> <p>*Taught in the context of the other 3 strands</p>

**Course Evaluation**

Term Work Assessment – 70%			Final Summative Assessment – 30%	
<p><b>70% of the final grade</b> will be based on evaluations of the overall curriculum expectations, conducted throughout the course, in the four performance categories of the achievement chart. The following chart outlines the components in your term mark:</p>			<p><b>30% of the final grade</b> will be based on a final evaluation of the overall curriculum expectations learned throughout the semester as well as the four categories of the achievement chart. The final evaluation will comprise of the following components:</p>	
Strands			Type of Final Assessment	
Active Living and Living Skills	Movement Competence and Living Skills	Healthy Living And Living Skills	EXAM or Portfolio/Journal, Lab, Interview	Final Demonstration of Learning
40%	15%	15%	15%	15%

