

Course Outline

School Name: KEEWAYTINOOK INTERNET HIGH SCHOOL

Department Name: Health and Physical Education

Ministry of Education Course Title: Healthy Active Living Education

Grade Level: 9

Ministry Course Code: PPL10

Teacher's Name: Albee Eisbrenner Date: September 2018

Developed by: Mark Hindermeier Date: February 2016

Revision Date: September 2019

Developed from: The Ontario Curriculum, Grades 9 and 10, Health and Physical Education 2015

Text:

Prerequisite: None

Credits: 1.0

Length: 110 hours

Principal's Name: Angela Batsford

Principal's Approval:



Approval Date: September 9, 2019

Course Description/Rationale

This course equips students with 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.

Overall Curriculum Expectations

Movement Competence: Skills, Concepts, and Strategies

- perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities;
- apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities.

Active Living

- participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of factors that can influence and support their participation in physical activity now and throughout their lives;
- demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living;
- demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.

Healthy Living

- demonstrate an understanding of factors that contribute to healthy development;
- demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being;

- demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being.

Living Skills

- demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade.

Course Content

Unit	Length
UNIT 1: Living Skills	26.5
UNIT 2: Healthy Living	26.5
UNIT 3: Movement Competence: Skills, Concepts, and Strategies	31
UNIT 4: Active Living	31
TOTAL	110 hours

Unit Descriptions

UNIT 1: Living Skills

Living skills helps students develop a positive sense of self, as well as effective decision making, conflict resolution, communication, and interpersonal skills. The first part of this unit will deal with *decision making* where they will use several online resources and quizzes to learn about themselves, set goals, and then produce actions plans to achieve these goals. As well, students will analyze the impacts of the media and culture on their own values and goals related to healthy active living. The last two parts of the unit includes *conflict resolution* and *social skills*. Students will participate in online video-conferencing or breeze sessions to engage in social discussion and utilize problem solving skills to resolve scenarios that will be given to them. They will also be given the chance to participate in in-class activities. Examples include the human knot or blind-fold activity where they have to communicate to each other to resolve or achieve a task.

UNIT 2: Healthy Living

Healthy living addresses the knowledge and skills that students need to make informed decisions related to mental health, healthy growth and sexuality, and personal safety and injury prevention. The first topic that will be discussed is *substance abuse*. Taught in this topic are the definition of a drug, drugs (narcotics, ecstasy, alcohol, tobacco) and their effects. The second topic is *growth and sexuality*. Taught within this topic are sexuality, stages of sexuality, female and male anatomy, menstrual cycle, pregnancy, STD's, and sexual health. The third topic is *personal safety* which includes injuries,

non-physical abuse, injury prevention, young workers safety, healthy relationships, and strategies for personal safety.

UNIT 3: Movement Competence: Skills, Concepts, and Strategies

This unit is designed to help students learn how to participate in a wide variety of activities, while also developing the personal movement proficiency and skills necessary to enjoy life fully. Throughout the term, students will learn and participate in a variety of individual or group activities (depending on community and comfort levels of teacher): Yoga, snowshoeing, ice hockey, broomball, and ultimate frisbee. Students may work with their teacher or mentor to substitute another activity for one in this course. Students will be taught the skills and then given a chance to attempt them. This unit focuses not only on the importance of active participation and proper skill development, but provides as an introduction to new types of activities as well as options to be active!

UNIT 4: Active Living

Active living focuses on active participation, physical fitness, and safety. This unit addresses the knowledge and skills related to lifelong participation in a variety of sport and recreation activities. As in Unit 3, students will also be doing this unit alongside the others. That is, students will complete physical activities twice a week for at least 60 minutes each session. Each week has a theme with information and activities. The Wii console will help deliver this unit using multiple types of games and sports to help promote physical activity that is fun. Students will complete an Activity log for each time they participate as well as answering a few questions based on these activities. The activity log will become part of their culminating task at the end of the term.

Teaching/Learning Strategies

This course is organized into an eight-week series of lessons and activities that will be presented to students in remote northern communities via the internet. The eighth week will be used for course consolidation, review and the final examination. Teacher and students will communicate over the internet, while mentors in the classrooms will assume the role of liaison between the teacher and student.

A variety of strategies will be used in the online delivery of this course. Some instructional strategies include:

- Direct instruction (on-line lecture)
- Video-conferences and gym time
- Independent study/ health log
- Group work via online
- Portfolio
- Online inquiry
- Independent research
- Active participation
- Video filming/editing
- Internet and multimedia (e.g., human body)
- Use of game console (Wii console; Wii fit)
- Telemedicine High-school CPR training
- Differentiated learning
- Other agencies presentations (KO telemedicine)
- Self-analysis in movement
- Brainstorming
- Practical experience
- Reading
- Role Playing and Case scenarios
- Interviewing
- Teacher analysis
- Presentations
- Questioning

Learning goals will be discussed at the beginning of each assignment and success criteria will be provided to students. The success criteria are used to develop the assessment tools in this course, including rubrics, checklists, and exemplars.

Evaluation

The final grade will be determined as follows: (Ontario Ministry of Education, 2010):

- Seventy per cent of the grade will be based on evaluation conducted throughout the course. This portion of the grade should reflect the student's most consistent level of achievement throughout the course, although special consideration should be given to more recent evidence of achievement.
- Thirty per cent of the grade will be based on a final evaluation administered at or towards the end of the course. This evaluation will be based on evidence from one or a combination of the following: an examination, a performance, an essay, and/or another method of evaluation suitable to the course content. The final evaluation allows the student an opportunity to demonstrate comprehensive achievement of the overall expectations for the course.

Growing Success: Assessment, Evaluation and Reporting in Ontario Schools. Ontario Ministry of Education Publication, 2010 p.41.

Type of Assessment	Category	Details		Weighting %
Term Work (70%)	Knowledge/ Understanding	<ul style="list-style-type: none"> - identify the requirements, including basic equipment standards, preparation, and specific safety issues that maximize performance and participation in recreation and sport activities; - identify facts and myths related to the use and abuse of alcohol, tobacco, and other drugs (e.g., cannabis) 		13
	Thinking	<ul style="list-style-type: none"> - explain how the school, the local community, and other community agencies are involved in developing strategies to prevent or end the violence in young people's lives; - identify strategies to deal with emergency situations related to physical activities; 		19
	Communication	<ul style="list-style-type: none"> - explain appropriate strategies or tactics that enhance performance in specific situations and conditions - describe the benefits of each health-related fitness component and its relationship to active living 		19
	Application	<ul style="list-style-type: none"> - participate regularly in physical activities, choosing a wide range of activities (e.g., use of fitbit) - demonstrate and use both decision-making and assertion skills with respect to media influences and peer pressure related to alcohol, tobacco, and other drugs - use appropriately a variety of methods for reaching group agreement - demonstrate the appropriate steps of conflict resolution in situations encountered in class, at school, with friends, and at home. 		19
Final Assessment (30%)	Culminating Activity (15%)	Students will create a portfolio of personal blogs, activity logs, self-appraisals, and a mini reflection of how they can increase daily physical activity and an action plan to achieve own goals.	K/U	3
			T	4
			C	4
			A	4
	Final Exam (15%)	120 minutes assessment of key concepts and applications of physical activity, healthy living, active living and living skills units.	K/U	3
			T	4
			C	4
			A	4
Total				100

Assessment/Evaluation Strategies

A variety of assessment and evaluation methods, strategies and tools are required as appropriate to the expectation being assessed. These include diagnostic, formative and summative within the course and within each unit.

Assessment for learning and assessment as learning is obtained through a variety of means, including the following:

- self/peer rubric
- self-appraisals
- work sheets
- checklists
- mind maps
- personal communication
- diagrams
- online discussions participation
- technology (e.g., Fitbit)

Evidence of student achievement (assessment of learning) is collected from various sources, including the following:

- online submissions
- assignments
- projects
- presentations
- tests
- quizzes
- examinations
- ongoing observations of most consistent work, with consideration given to most recent work

Assessment tools include:

- rubrics
- rating scales
- teacher observation scale
- rating scales

Resources

Kelly-Plate, J. (2000). *Today's Teen: 6th Edition*. Glencoe McGraw-Hill. USA.

Temertzoglou, T. (2007). *Healthy Active Living: Keep Fit, Stay Healthy, Have Fun: 1st Edition*. Ontario: Thompson Educational Publishing.

Ontario Ministry of Education. (2010). *Growing Success, Assessment, Evaluation, and Reporting in Ontario Schools*. First Edition, Covering Grades 1 to 12.

- Teens' Health. (2018). *For teens*. Retrieved from <http://kidshealth.org/teen>
- Ontario Ministry of Education. (2017). *Indigenous education strategy*. Retrieved from <http://www.edu.gov.on.ca/eng/aboriginal/>
- Ontario Ministry of Education. (2016). *Ontario Schools, Kindergarten to Grade 12: Policy and Program Requirements*. Retrieved from <http://edu.gov.on.ca/eng/document/policy/os/index.html>
- Make Healthy meals with the Eat Well Plate (2019). Government of Canada, Canada's food guide. Retrieved from <https://food-guide.canada.ca>
- Eat Right Ontario. (2018). *Home*. Retrieved from <http://www.eatrightontario.ca/en/default.aspx>
- Health Canada. (2018). *Home*. Retrieved from <https://www.canada.ca/en/health-canada.html>
- Health Canada. (2007). *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*. Retrieved from https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/fnihb-dgspni/pdf/pubs/fnim-pnim/2007_fnim-pnim_food-guide-aliment-eng.pdf
- YouTube. (2016). Interview with Nate: Culinary management. Previous KiHS student. Retrieved from <https://www.youtube.com/watch?v=MHBd3HFNGAA>

Program Planning

This course is offered to Indigenous students living in isolated Northern Ontario communities which do not have access to regular high school facilities, equipment or teachers qualified with secondary physical and health education. This course uses the internet for instruction, demonstration and research. It utilizes a student-centred, semi-virtual classroom which capitalizes on the strengths of internet program delivery to minimize the disadvantages of geographic remoteness.

Students are presented with 110 hours of instruction/activity via the internet. All lessons, assignments, questions and course material is presented in this manner, with approved print materials available as a student resource in each classroom. The student and instructor communicate via the internet, while a classroom mentor (a fully qualified teacher) assists students in completing tasks in a timely manner and provides tutoring as required. Students may also receive support from various programs at KiHS, including the First Nation Student Success Program and the Special Education Program.

Indigenous and local content is used throughout the course to meet students' learning needs. Considerations are made to the learning preferences of the student population and lessons can be adjusted for individual students as required.

