

Healthy lifestyle : Nutrition and Disease Prevetion

Overall Curriculum Expectations

LIVING SKILLS

Demonstrate personal and interpersonal skills and the use of critical an dcreative thinking the proccesses as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade.

ACTIVE LIVING

A1. Participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of factors that can influence and supporttheir participation in physical activity now and throughout their lives;

A2. Demonstrate an understanding of the importance of being physicallyactive, and apply physical fitness concepts and practices that contribute tohealthy, active living;

A3. Demonstrate responsibility for their own safety and the safety of others asthey participate in physical activities.

MOVEMENT COMPETENCE: SKILLS, CONCEPTS, AND STRATEGIES

B1. Perform movement skills, demonstrating an understanding of the basicrequirements of the skills and applying movement concepts as appropriate, asthey engage in a variety of physical activities;

B2. Apply movement strategies appropriately, demonstrating anunderstanding of the components of a variety of phy

HEALTHY LIVING

C1. Demonstrate an understanding of factors that contribute to healthydevelopment;

C2. Demonstrate the ability to apply health knowledge and living skills tomake reasoned decisions and take appropriate actions relating to theirpersonal health and well-being.

C3. Demonstrate the ability to make connections that relate to health and well-being-how their choices and behaviours affect both themselves andothers, and how factors in the world around them affect their own and others' health and well-being.

Experiential Community Learning Program

Course of Study

Training Hours: 80 hours to be split between the Units below

Unit 1: Living Skills (5 hours)

Unit 2: Active Learning-Training 40 hours-Reflection (5 hours)

Unit 3: Movement Competence: Skills, Concepts and Strategies-Training (40 hours)-

Unit 4: Healthy Living (15 hours) Culminating Activity (5 Hours)

- Students will be expected to login into Google Classroom (LearningManagementSystem) at least twice a week.
- Students required to finish the course within time frame negotiated withfacilitator.
- When 80 hours of training and all course material must be completed inorder to receive the credit
- Head coach/president must sign off on training hours in order for creditto be acheived.

Assessment and Evaluation

Students will receive ongoing feedback from their facilitators throughout theentire semester. 70% of their final mark will be for term work and 30% will befor their summative at the end of the course.

Term Work 70%

- Participation
- Reflection
- Inquiries
- Social Media
- Reflections
- Podcast

Summative 30%

- Personal Reflection
- Curriculum connections