

Handsworth Secondary School

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Active Living COURSE OUTLINE

Active Living is a course designed to improve students' overall level of fitness while exposing them to fitness activities and events within the community. The activities offered are outside the regular scope of physical education and students are expected to try each activity to the best of their ability.

Big Ideas:

- Physical activity is an important part of overall health and well-being.
- Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity
- Safety and injury prevention practices allow lifelong participation in physical activities

Learning Standards:

Curricular Competencies

Students are expected to be able to do the following:

Health and well-being

- Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in those activities
- Demonstrate reasoned decision-making related to their personal health and well-being

Safety

- Explain how proper technique and use of equipment reduces the chance of injury
- Demonstrate safe and appropriate participation in physical activities

Participation

- Engage in a variety of recreational activities in different environments
- Overcome potential barriers to participation in physical activities
- Refine strategies to effectively participate in a variety of physical activities
- Apply methods of monitoring and adjusting exertion levels in physical activity

Leadership

- Demonstrate competencies and problem-solving strategies required for physical activity and recreation leadership

- Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred physical activities

- physical activity safety and etiquette
- injury prevention and management

Content

Students are expected to know the following:

Health and well-being

- the role of nutrition and how it can affect health and performance
- potential short- and long-term consequences of health decisions
- benefits of physical activities for health and mental well-being

Participation

- proper physical movement patterns, including non-locomotor, locomotor, and manipulative skills
- ways to monitor and adjust physical exertion levels
- rules and guidelines for different types of sports and activities
- recreational resources available in the community

Course Requirements

Students will be required to supply their own:

- Water bottle
- Towel

Course Fees

- None at the moment

Instructional Strategies

This course will be taught by fitness instructors, course instructors and students.

Assessment and Evaluation

Students will be assessed on the following criteria in each term:

Daily Participation, Leadership and Community Service

(Note: these assessment percentages are subject to change depending on the activity)

Student Expectations

It is expected that students will:

1. Come to each and every class **ON TIME** and **PREPARED**.
2. Students **MUST** have gym strip for every class. They will not be permitted to participate without it, and will therefore lose marks.
3. Any missed classes must be excused and the workout must be made up.

Parents should email either of us at forres@sd44.ca or if their child will be missing class.

4. This is a participation based course, and requires students to attempt each activity to the best of their ability. There will be activities that will challenge each student. It is important that students have a safe environment in which to work.
5. There are going to be many times throughout the year where students are in the community participating in various activities and events. It is imperative that students always remember that they are ambassadors of Handsworth, and always conduct themselves in an appropriate manner. Any students misbehaving will NOT be permitted to participate in future outings.