

PHYSICAL AND HEALTH EDUCATION: ACTIVITIES/GUIDELINES
CORRELATION

HEALTH FOR LIFE, GRADE 11, OPEN

DETERMINANTS OF HEALTH

Overall Expectations

By the end of this course, students will:

- Analyze the role of individual responsibility in enhancing personal health [and heredity factors influencing personal health];

Relevant “Over to You” Activities:

Section 3: Personal Reflection/Philosophical Inquiry

Section 3: Research Planning and Action

Section 4: Role Play and Decision-Making

Section 4: Creating a Public Service Information Sheet/Pamphlet

Section 4: Analysis Script Writing and Role Play

Section 4: Poll

Section 5: Critical Analysis

Section 7: Create a Top 10 List

Section 7: Create a Slogan

Section 7: Create a Plan

Section 8: “What If” Activities

Section 9: Letter to the Editor

Section 9: Write a Speech

Section 9: Create Inspirational Posters

- Analyze the social factors that influence personal health.

Relevant “Over to You” Activities:

Section 1: Develop a Survey

Section 4: Creating a Public Service Information Sheet/Pamphlet

Section 5: Debate and Perspective Taking

Section 5: Critical Analysis

Section 7: Create a Plan

Section 9: Letter to the Editor

Section 9: Write a Speech

Section 9: Create Inspirational Posters

Section 10: Debate

Section 10: Research and Reflection on Debate

Section 10: Poll Opinion and Analyze

Section 10: Gather and Summarize Perspectives

COMMUNITY HEALTH

Overall Expectations

By the end of this course, students will:

- Analyze the value of health information and health-promoting products and services;

Relevant “Over to You” Activities:

Section 1: View DVD/Prepare Questions

Section 1: Create a Persuasive Public Service Announcement

Section 2: Research and Discussion

Section 4: Analysis Script Writing and Role Play

Section 6: Website Investigation

Section 9: Research and Presentation

Section 10: Debate

Section 10: Research and Reflection on Debate

- Analyze how the environment influences the health of the community;
- Demonstrate an understanding of concepts and approaches related to health promotion and disease prevention.

Relevant “Over to You” Activities:

Section 1: Research Radio Assignment

Section 1: Oral Presentation

Section 2: Research, Speech Writing and Presenting

Section 2: Adjudicate a Speech

Section 3: Research and Presentation

Section 4: Role Play and Decision-Making

Section 4: Descriptive Presentation

Section 4: Analysis Script Writing and Role Play

Section 5: Online Research and Key Message Writing

Section 5: Role Play

Section 5: Scientific Presentation

Section 6: Research Interview

Section 6: Experiment and Stream of Consciousness Writing

Section 7: Discover New Terms

Section 7: Research about Heartstrings

Section 7: Research Paper About Heart Transplantation

Section 7: Monologue

Section 9: Share Interesting Facts

Section 9: Research Information for Writing a Speech

Section 10: Create a Tip Sheet

VITALITY

Overall Expectations

By the end of this course, students will:

- Demonstrate an understanding of the *Vitality* concept;

Relevant “Over to You” Activities:

Section 4: Creating a Public Service Information Sheet/Pamphlet

Section 4: Poll

Section 6: Emotional Analysis and Exploration

Section 7: Create A Top 10 List

Section 7: Create a Plan
Section 9: Research and Presentation
Section 10: Create a Tip Sheet

- Use strategies to promote the *Vitality* concept.

Relevant “Over to You” Activities:

Section 3: Research Planning and Action
Section 4: Talk Show Interview
Section 5: Online Research and Key Message Writing
Section 7: Create A Top 10 List
Section 7: Create a Slogan
Section 7: Monologue
Section 10: Personal Reflection and Discussion
Section 10: Poll Opinion and Analyze

HEALTHY ACTIVE LIVING EDUCATION, GRADE 12, OPEN

PHYSICAL ACTIVITY

Overall Expectations

By the end of the course, students will:

- Demonstrate personal competence in applying complex movement skills and principles;
- Apply the guidelines and strategies that enhance participation in recreational and sports activities.

ACTIVE LIVING

Overall Expectations

By the end of the course, students will:

- Participate regularly in a balanced instructional program that includes a wide variety of physical activities that encourage lifelong participation;
- Develop personal health-related physical fitness;

Relevant “Over to You” Activities:

Section 3: Research, Planning and Action

Section 4: Creating a Public Service Information Sheet/Pamphlet

- Demonstrate responsibility for their personal safety and the safety of others.

Relevant “Over to You” Activities:

Section 4: Creating a Public Service Information Sheet/Pamphlet

Section 5: Online Research and Key Message Writing

Section 9: Letter to the Editor

HEALTHY LIVING

Overall Expectations

By the end of the course, students will:

- Describe how society and culture affect individual perceptions and expressions of sexuality;
- Demonstrate an understanding of strategies that promote personal safety and prevent injuries;

Relevant “Over to You” Activities:

Section 1: Research and Poster Creation

Section 4: Analysis, Script Writing and Role Play

Section 4: Talk Show Interview

Section 5: Online Research and Key Message Writing

Section 6: Research/Interview

Section 9: Research and Presentation

Section 10: Poll Opinion and Analyze

Section 10: Create a Tip Sheet

- Demonstrate an ability to use specific strategies to enhance their own mental health and that of others;

Relevant “Over to You” Activities:

Section 1: View DVD/Prepare questions

Section 1: Develop a Survey

Section 6: Emotional Analysis and Exploration

Section 7: Create a Plan

Section 10: Personal Reflection and Discussion

- Demonstrate an understanding of strategies that promote healthy relationships.

Relevant “Over to You” Activities:

Section 1: View DVD/Prepare questions

Section 1: Develop a Survey

Section 3: Personal Reflection/Philosophical Inquiry

Section 10: Create a Tip Sheet

LIVING SKILLS

Overall Expectations

By the end of the course, students will:

- Use decision-making and goal-setting skills to enhance their daily lives;

Relevant “Over to You” Activities:

Section 1: Research and Poster Creation

Section 1: Create a Persuasive Public Service Announcement

Section 1: Develop a Survey

Section 2: Research, Speech Writing and Presenting

Section 2: Adjudicate a Speech

Section 3: Personal Reflection/Philosophical Inquiry

Section 4: Role Play and Decision-Making

Section 4: Creating a Public Service Information Sheet/Pamphlet

Section 4: Poll

Section 4: Talk Show Interview

Section 5: Online Research and Key Message Writing

Section 5: Critical Analysis

Section 5: Role Play

Section 6: Website investigation

Section 7: Create a Top 10 List

Section 7: Create a Slogan

Section 7: Monologue

Section 8: “What If” Activities

Section 9: Create Inspirational Posters

Section 10: Poll Opinion and Analyze

Section 10: Create a Tip Sheet

Section 10: Gather and Summarize Perspectives

- Demonstrate an understanding of the importance of respect for self and respect for others in reducing conflict in their personal lives;

Relevant “Over to You” Activities:

Section 4: Role Play and Decision-Making

Section 5: Critical Analysis

Section 8: “What If” Activities

Section 10: Debate

Section 10: Research and Reflection on Debate

Section 10: Personal Reflection and Discussion

Section 10: Poll Opinion and Analyze

- Use social skills to work effectively in groups and enhance relationships.

Relevant “Over to You” Activities:

Section 1: Research and Poster Creation

Section 1: Develop a Survey

Section 2: Adjudicate a Speech

Section 2: Research and Discussion

Section 3: Personal Reflection/Philosophical Inquiry

Section 4: Role Play and Decision-Making

Section 4: Analysis, Script Writing and Role Play

Section 6: Experiment and Steam of Consciousness Writing

Section 6: Emotional Analysis and Exploration

Section 7: Create a Plan

Section 9: Share Interesting Facts

Section 9: Letter to the Editor

Section 9: Write a Speech

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Section 10: Gather and Summarize Perspectives

EXERCISE SCIENCE, GRADE 12, UNIVERSITY PREPARATION

THE BIOLOGICAL BASIS OF MOVEMENT

Overall Expectations

By the end of the course, students will:

- Describe the structure and function of the body and of physiological principles relating to human performance;
Relevant “Over to You” Activities:
Section 1: Research Radio Assignment
Section 1: Oral Presentation
Section 3: Research and Presentation
Section 4: Descriptive Presentation
Section 5: Scientific Presentation
Section 6: Research/Interview
Section 6: Experiment and Stream of Consciousness Writing
Section 7: Discover New Terms
Section 7: Research about “Heart Strings”
Section 7: Research Paper about Heart Transplantation
Section 9: Share Interesting Facts
Section 9: Research Information for Writing a Speech
- Demonstrate an understanding of biomechanical principles related to improving movement;
Relevant “Over to You” Activities:
Section 9: Share Interesting Facts
- Demonstrate an understanding of the ways in which nutrition and training principles affect human performance.
Relevant “Over to You” Activities:
Section 1: Research and Poster Creation
Section 3: Research, Planning and Action
Section 7: Create a Top 10 List
Section 7: Create a Slogan
Section 7: Monologue
Section 10: Create a Tip Sheet

MOTOR DEVELOPMENT

Overall Expectations

By the end of the course, students will:

- Demonstrate an understanding of individual differences in performance, growth, and development;
Relevant “Over to You” Activities:
Section 3: Research, Planning and Action
Section 9: Research and Presentation
- Demonstrate an understanding of the principles of motor learning.

PHYSICAL ACTIVITY AND SPORTS IN SOCIETY

Overall Expectations

By the end of the course, students will:

- Describe the evolution of physical activity and sports;
- Analyze the relationship of society and culture to sports and physical activity.