

**ST. JOSEPH CATHOLIC SECONDARY SCHOOL**  
**COURSE OUTLINE**



**Name of Course:** Grade 9 Healthy Active Living Education (PPL10)

**Course Prerequisite:** none

**Course Description:**

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.

**Catholic Graduate Expectations:**

Through Healthy Active Living Education, students examine and reflect on their personal attitudes, values, actions, abilities, and aspirations influencing life choices and opportunities that support a healthy active lifestyle for themselves and others in light of Catholic faith development. Students have the opportunity to respond to, manage, and constructively influence change, set priorities, be responsible for their actions, and develop goals for a balanced and healthy lifestyle through a holistic approach to life. Students are challenged to reflect, to evaluate situations, demonstrate flexibility and adaptability, manage conflict, solve problems, and make decisions in light of gospel values. Students have the opportunity to exercise servant Christian leadership promoting the common good, human dignity, respect, equality and inclusion, while working effectively as interdependent team members, respecting the rights, responsibilities, and contributions of self and others.

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**Units of Study**

Unit 1	Fitness testing
Unit 2	Soccer
Unit 3	Track and Field
Unit 4	Badminton
Unit 5	Volleyball
Unit 6	Basketball
Unit 7	Games of Low Organization
Unit 8	Health (3 Weeks)

**Evaluation**

70%	30%
Knowledge/Understanding	Culminating Task and Exam
Thinking/Inquiry	
Communication	
Application	

**Course Resources Required:**

For a detailed course description of this course, please visit  
<https://www.edu.gov.on.ca/eng/curriculum/secondary/subjects.htm>