

**Sir Wilfrid Laurier Secondary School**  
**Grade 11 Personal Fitness – Physical Education – PAF30Q**  
 1.0 credits  
**Course Outline 2016 – 2017**

**Course Description**

This course enables students to further develop 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 and exposure to a broader range of activity settings, students enhance their movement competence, personal fitness, and confidence. 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. This course will focus on developing a personalized approach to physical fitness and provide students the skills necessary to take charge of and improve their own fitness.

**Overall Expectations**

<p><b>A. Active Living</b></p> <p>A1. 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;</p> <p>A2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living;</p> <p>A3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.</p>	<p><b>B. Movement Competence: Skills, Concepts, and Strategies</b></p> <p>B1. 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;</p> <p>B2. 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.</p>
<p><b>C. Healthy Living</b></p> <p>C1. demonstrate an understanding of factors that contribute to healthy development;</p> <p>C2. 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;</p> <p>C3. 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.</p>	<p><b>D. Living Skills</b></p> <p>1. 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.</p>

**Evaluation**

*The final report card mark will be determined as follows:*

Term Mark	70% of final grade
Summative	30% of final grade