

**Sir Wilfrid Laurier Secondary School**  
**Grade 12 Recreation and Healthy Active Living Leadership**  
**PLF4M 1.0 credit**  
**Course Outline**

## **Course Description**

This course enables students to explore the benefits of lifelong participation in active recreation and healthy leisure and to develop the leadership and coordinating skills needed to plan, organize, and safely implement recreational events and other activities related to healthy, active living. Students will also learn how to promote the benefits of healthy, active living to others through mentoring and assisting them in making informed decisions that enhance their well-being. The course will prepare students for university programs in physical education and health and kinesiology and for college and university programs in recreation and leisure management, fitness and health promotion, and fitness leadership.

## **Overall Expectations**

### **A. LEADERSHIP**

- A1. Demonstrate an understanding of the concept of leadership and of the attributes, skills, and styles needed to be an effective leader;
- A2. Demonstrate leadership skills in a variety of contexts related to healthy, active living;
- A3. Demonstrate an understanding of group dynamics, and apply teamwork skills in a variety of contexts related to healthy, active living.

### **B. FACILITATION OF RECREATION AND LEISURE**

- B1. Identify and explain the benefits of lifelong participation in active recreation and healthy leisure, and demonstrate an understanding of factors that enable and constrain participation in active recreation and healthy leisure activities;
- B2. Demonstrate the ability to plan and coordinate an event related to healthy, active living;
- B3. Demonstrate an understanding of safety procedures needed for injury prevention in a variety of activities related to healthy, active living.

### **C. MENTORING DEVELOPMENT**

- C1. Demonstrate an understanding of mentorship and the methods used by effective mentors to contribute to the growth and development of others;
- C2. Demonstrate the ability to help others develop and implement a personal healthy active living plan.

## **Assessment & Evaluation**

70 % of your assessment will be formative, ongoing throughout the year. Formative assessment will include assignments, tests, quizzes, homework and other tasks completed by students during the year.

30% of your assessment will be summative, towards the end of the year. Summative assessment will include a portfolio assignment and coordinating the Athletic Banquet.

## General Course Information

1. Class takes place outside the regular timetable. Class will be **EVERY WEDNESDAY BEFORE** regular school hours, from **7:10 am until 8:25 am**
2. Even though this course runs all year, students will **NOT** be required to put in more time than one semester would traditionally entail. Our class will still cover the mandatory **110 Instructional hours. 40 hours in class and 70 hours outside of class.**
3. Outside class activities include, organizing intramurals, running school sport tournaments, presence at the welcome BBQ, Pep rallies, Athletic clothing sales, Athletic Banquet and other school wide events to be determined. These activities are mandatory for successful completion of the course. Students will be asked to cover roughly 2-3 events per month (depending on class size). Part of the overall course mark is based upon this participation. Students who fail to participate will see their grades negatively affected, as they are not meeting the curriculum expectations of this course.
4. Due to the nature of this course, attendance, participation, leadership, self-motivation and meeting deadlines are essential skills students must show to succeed. For 70% of the course evaluation, such as unit assignments, quizzes, tests, etc., the same flexibility in due dates and make-up assignments as we allow students to have in other courses, will apply here as well. However, the 30% summative evaluations are **deadline dependant**.
5. Progress reports, mid-term marks and final grades will all still be created through the application of standard assessment and evaluation practices, and will still adhere to standard mark entry timelines. Due to the nature and the extension of the course, mark accumulation will take place all year.