

## Active Living 12 Course Plan

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### Course Description

This PHED course follows the following 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.

**This PHED online course consists of theory and activity assignments.** Students are required to complete 5 months of activity charts complete with goal setting and theory assignments.

The following is a list of units of study for this course:

**Unit 1** - Health and Active Living

**Unit 2** - Safety

**Unit 3** - Participation

**Unit 4** - Leadership

## How will your mark be calculated?

Activity Charts/Goals	40%
Assignments	60%

### **Student Expectations:**

- Contact the teacher by instant messaging, email or phone when help is needed or questions arise
- Be actively engaged and submitting work on a regular basis
- Inform the teacher when they will be inactive for two or more weeks.
- Be aware that if they are inactive (not submitting work) in a course for four or more weeks they may be removed from that course
- Actively participate and record physical activity as laid out in the course
- Check their email at least twice a week
- Cite all sources properly
- Answer in their own words

**The following expanded comments show Learning Standard correlation for substantive work selections (only three assignments are needed for substantive work for each student, however not all students submit the same three so I have highlighted the corresponding Learning Standards for several of the Unit 1 assignments.**

# Unit 1 - Health and Well-Being

# Introduction

Welcome to Active Living 12. This course contains a balance of activity assignments and theory assignments. The intention is that upon completion of this course, you will have a greater appreciation for the importance of leading a healthy and active lifestyle...for life!

## Unit Contents

### Benefits of Physical Activities for Health and Mental Well-Being

#### Health and well-being

- Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in those activities

### Personal Goal Setting - Complete within 30 days of registration

- 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
- 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

### Goals and Plans for an Active Lifestyle

#### Active Lifestyle Plans - Information

#### Month 1 - Active Lifestyle Charts - Complete within 30 days of registration

- 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

Competence and Confidence

Fitness Assessment - At Home Version

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

## Unit 2 - Participation

Exploring Lifestyle Options

Warm Up and Cool Down Activities

Weight Training: Planning and Understanding

Weight Training: Program Design

Month 2 - Active Lifestyle Charts

## Unit 3 - Safety - Sport and Recreational Injuries

Injuries

Tips for Preventing Injury

Injury Treatment

Sport and Recreational Injuries

Sports Injuries Assignment

Month 3 - Active Lifestyle Charts

Month 4 - Active Lifestyle Charts

## Unit 4 - Leadership

Respect in Play and Participation

Ethics in Sport

Planning A Leadership Role

Career Project

Research Project

Month 5 - Active Lifestyle Charts

Summary of your Active Lifestyle Plan

Course Completion Procedure

# BC Ministry of Education Learning Standards

## Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to be able to do the following:</i></p> <p><b>Health and well-being</b></p> <ul style="list-style-type: none"> <li>• Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in those activities</li> <li>• Demonstrate <b>reasoned decision-making</b> related to their personal health and well-being</li> </ul> <p><b>Safety</b></p> <ul style="list-style-type: none"> <li>• Explain how proper technique and use of equipment reduces the chance of injury</li> <li>• Demonstrate safe and appropriate participation in physical activities</li> </ul> <p><b>Participation</b></p> <ul style="list-style-type: none"> <li>• Engage in a variety of recreational activities in different environments</li> <li>• Overcome potential barriers to participation in physical activities</li> <li>• Refine strategies to effectively participate in a variety of physical activities</li> <li>• Apply methods of monitoring and adjusting exertion levels in physical activity</li> </ul> <p><b>Leadership</b></p> <ul style="list-style-type: none"> <li>• Demonstrate competencies and problem-solving strategies required for <b>physical activity and recreation leadership</b></li> <li>• Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred physical activities</li> </ul>	<p><i>Students are expected to know the following:</i></p> <p><b>Health and well-being</b></p> <ul style="list-style-type: none"> <li>• the role of nutrition and how it can affect health and performance</li> <li>• potential short- and long-term consequences of health decisions</li> <li>• benefits of physical activities for health and mental well-being</li> </ul> <p><b>Safety</b></p> <ul style="list-style-type: none"> <li>• physical activity <b>safety and etiquette</b></li> <li>• <b>injury prevention and management</b></li> </ul> <p><b>Participation</b></p> <ul style="list-style-type: none"> <li>• proper physical movement patterns, including non-locomotor, locomotor, and manipulative skills</li> <li>• ways to monitor and adjust physical exertion levels</li> <li>• rules and guidelines for different types of sports and activities</li> <li>• <b>recreational resources</b> available in the community</li> </ul>