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**Personal and Fitness Activities – PAF 20**

**Course Description:**This course focuses on the development of a healthy lifestyle and participation in a enjoyable fitness focused activities. The course will teach the student about weight training, cardiovascular training, strength and endurance as well as flexibility training and nutrition. Students will be encouraged to develop and follow their own gym fitness plan and will be given the tools to achieve their healthy fitness goals. The student will determine the emphasis of his/her program. Fitness levels will be monitored regularly. Evaluation will be based on the student’s ability to reach goals established jointly with the teacher, effort, participation, and record keeping. Health components follow the PPL20 course so therefore, both courses cannot be taken for credit. Students will gain decision-making skills, improve communication skills and develop organizational skills.

**Overall Expectations:  
Physical Activity**- Demonstrate personal competence in applying movement skills and principles.- Apply their knowledge of guidelines and strategies that can enhance their participation in recreational and sports activities.  
  
**Active Living**- Participate regularly in a balanced instructional program that includes a wide variety ofenjoyable physical activities that encourage lifelong participation.- Demonstrate improvement in personal health-related physical fitness.  
- Demonstrate responsibility for their personal safety and the safety of others.

**Healthy Living**- Demonstrate, in a variety of settings, the knowledge and skills that reduce risk to personal safety.  
- Describe the influence of mental health on overall well-being.

**Livings Skills**- Use decision-making and goal-setting skills to promote healthy active living.  
- Demonstrate an ability to use stress management techniques.  
- Demonstrate the social skills required to work effectively in groups and develop positiverelationships with their peers.

**Prerequisite:** None

**Credit Value:** 1

**Textbook:** None  
 **Required Materials:** TPS gym uniform, gym shoes, health binder, writing utensils

**Evaluation:** Term Mark (Tests, Assignments, Quizzes) 70%

Final Exam (Physical Summative) 30%

Total 100%

**Teacher Expectations:**

* Students are to attend class on time, changed and ready to participate at the time indicated.
* **Uniform policy** – first offense, simply marks deducted. Second offense, student receives a zero and will not participate in daily activities.
* Students must also abide by Mr. Costley’s “ Three P Policy”
  + Participation – each individual must participate in class, whether that be verbally participating in discussions or simply attentively listening.
  + Politeness – Each student must show equal respect to each of their fellow classmates and teachers.
  + Preparedness – Each student must come prepared to class with proper materials to complete daily activities.
* Have fun and ask questions!

**Extra Help: -** Extra help will be available daily in the morning before school from 9:00a.m.-10:00a.m.

- If for some reason this time does not suit your needs talk to me

**Teacher Email:** acostley@torontoprepschool.com

**Unit Breakdown**

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| --- | --- | --- |
| **Units** | | **Approximate Length** |
| 1. **Activity – Fitness** | | **80** |
| 1. **Leadership** | | **10** |
| 1. **Health and Nutrition** | | **20** |
| Total | 110 |

**Upper School Academic Due Dates**

*POLICY*- All homework, assignments and projects will have a due date and a “window of opportunity” date.- The due date represents the date in which the homework/assignment/project is due. Students should submit the homework/assignment/project to their subject teacher on the due date. If a student does not submit the task on the due date the subject teacher will contact the parents/guardian on the due date to notify them of the outstanding work. The subject teacher will not provide support after the due date has passed.  
-The “window of opportunity” date represents the final date in which the subject teacher will accept the homework/assignment/project. All work submitted on the original due date will also be returned to the students on this day.

*\*For additional details see the Upper School Late Assignment Policy in the Upper School Student and Parent Handbook.*