HALIBURTON HIGHLANDS SECONDARY SCHOOL
Healthy Active Living Department

Course Code: PLF4C
Course Name: Recreation & Leadership
Level: College – 1 credit
Period:
Prerequisite: Any Grade 11 or 12 Open course in Health and Physical Education

Department Head: Mr. Yake
Instructor:
Phone: (705) 457-2950
E-mail:

Course Overview:
This course focuses on the development of leadership and coordination skills related to recreational activities. Students will acquire the knowledge and skills required to plan, organize, and implement recreational events. They will also learn how to promote the value of physical fitness, personal well-being, and personal safety to others through mentoring. The course will prepare students for college programs in recreational, leisure, and fitness leadership.

There is a course fee to be paid at the beginning of the course to cover the costs of recreational activity(s) (golf) that enrich the course content. Students choosing to not take part in the field trips will be given an alternate assignment to complete during class.
Fee: $15.00 Due: Friday, Feb. 6, 2015

Strands of Study and Overall Expectations include:

Leadership
- analyse a variety of leadership styles;
- use their leadership skills in a variety of healthy active living contexts; students must complete a major leadership task involving Intramurals. In-class leadership activities will help prepare students for out-of-class roles. Students must complete at least 2 additional leadership tasks from a list provided. A collection of leadership work will comprise the Leadership Portfolio.
- demonstrate an understanding of the group development process;
- demonstrate teamwork skills that achieve positive results

Facilitation of Recreation and Leisure
- demonstrate an understanding of the importance of doing a needs assessment before organizing a health and physical education event;
- demonstrate an ability to coordinate a detailed plan for a health and physical education event;
- demonstrate an ability to promote the benefits of lifelong participation in recreational and leisure activities.

Physical Fitness and Well-Being
- demonstrate mentorship skills;
- demonstrate an ability to help others understand how physical activity, nutrition, and positive self-image contribute to well-being;
- apply safety procedures for injury prevention.
- develop personal health-related physical fitness;

- students will actively participate in a number of life-long recreational activities including golf, dance, archery, tennis, orienteering, GLOs, badminton and some more traditional sports.

Healthy Living
- describe how society and culture affect individual perceptions and expressions of sexuality;
- demonstrate an understanding of strategies that promote personal safety and prevent injuries;
- demonstrate an ability to use specific strategies to enhance their own mental health and that of others;
- demonstrate an understanding of strategies that promote healthy relationships

Evaluation Structure

Term Work - 70%		**Summative Evaluation - 30%**		**Policy Document:**
Knowledge/Understanding	20%	Leadership Summative (Practical and Theory)	30%	The Ontario Curriculum Grades 11&12 Physical and Health Education 2000
Communication	5%			
Thinking/Inquiry	5%			
Application	40%			**Resource:** Text: Recreation and Fitness Leadership

Learning Skills: Students are expected to reflect the following skills throughout the course:
Responsibility: Completes & submits work ON TIME. Manages own behaviour. Takes care of equipment.
Organization: Establishes priorities & manages time to complete tasks. Bring gym equipment every day.
Independent Work: Follows instructions with minimal supervision. Time is used to stay focussed on recreational activity.
Collaboration: Accepts various roles in a group (Leader / follower). Responds positively to ideas, opinions of others. Builds healthy peer relationships. Resolves conflict and builds consensus.
Initiative: Approaches new tasks with a positive attitude. Advocates for all appropriately.
Self-Regulation: Perseveres and makes an effort when responding to challenges. Sets a fitness goal and progresses to meet it. Uses equipment in a safe manner.
Students will receive the following letter grades: **E** - Excellent **G** - Good **S** - Satisfactory **N** - Needs Improvement

Welcome to Grade 12 Healthy Active Living.

COURSE EXPECTATIONS AND EVALUATION POLICY

Attendance

Due to the nature of this course, **daily attendance** is very important and can have a significant impact on the student's application/participation component of their mark. Unexcused absences (absences not related to school activities) will directly result in a lower application /participation mark. Having more than **15 unexcused absences** will result in a significantly reduced mark and may put a student's credit at risk. The Vice Principle will be notified as student approaches 15 days.

Dress Requirement

In order for students to be physically active, suitable dress is required. This includes: plain red athletic shorts, plain white/light grey T-shirt, athletic running shoes and socks. For safety reasons all jewellery should be removed and hair must not be allowed to fall in front of the eyes. Shoes must be tied to snugly fit the foot. Track pants and sweat shirts may be worn for outdoor activities in cooler weather. For sun protection students are encouraged to apply sun-screen, wear a wide brimmed hat, sunglasses, long sleeves and track pants. **Students inappropriately dressed for class will be encouraged through the progressive discipline policy in the student handbook.**

Medical Limitations

Students should discuss these with the teacher before the scheduled start time of the class and the following steps will be taken:

1. Due to the participation requirements of the course, students are encouraged to always get changed and take part as much as possible. Modifications to activities will be made as needed.
2. A student incapable of doing any level of activity will be required to complete and alternative assignment. The extent of completion will determine the mark.

Missed Testing

If a student is absent for a movement skill test, s/he must make arrangements with the teacher to be tested at another time (likely the beginning of lunch time).

If a student is absent for a written test, s/he is to write the first day s/he returns to school unless other arrangements have been made prior to the class. Truancy during a period in which a written or movement skill test occurs will result in a mark of zero for that test.

Late Assignment Policy "Not Done is not Acceptable"

Please adhere to our HHSS Late Assignment Policy. A 10% late deduction will apply on assignments not meeting the deadlines.

Academic Dishonesty

Plagiarism is the act of taking someone else's ideas or writing and passing it off as your own.

A first offense may result in a mark of zero or an opportunity to redo/resubmit the evaluation, after consultation with the student, parent, teacher, department head and school administrator. A second offense will result in a mark of zero, a call home and the student will be referred to the Principal. A third offense will result in a mark of zero and may result in an in-school suspension.

Special Notes:

- Students are strongly advised to buy the **school insurance policy**.
- Students are advised to leave all **valuables** in their lockers before coming to the gym. Although change-rooms will be locked, we cannot guarantee their safety. Students are responsible for any lost/stolen items.
- **Cell phones** and **cameras** are not permitted in the change-rooms.
- Intramurals start the second week of school. Listen to announcements. Clean gym shoes are needed.