

**Level of Instruction:** Senior High

**Curriculum Overview:**

- Healthy Living 1200 is one of the suite of senior high school physical education courses in which students can enroll to meet the new senior high graduation requirements of two mandatory credits in physical education.
- Healthy Living 1200 is a physical education course that incorporates a multi-disciplinary approach to fostering lifelong health with components in ***Physical Activity, Healthy Eating, Controlling Substances*** and ***Personal Dynamics***. The four components of the healthy living course directly address key elements essential to leading a healthy life.
- Healthy Living 1200 is a physical education course that encompasses all that increases the awareness and practice of healthy practices in youth with a particular emphasis on physical activity, healthy eating and mental health.
- Healthy Living 1200 course has a pronounced emphasis on physical activity and healthy eating. The physical activity component is the strongest of the four components.
- Healthy Living 1200 provides opportunities for students to gain experience in physical activities at a level of engagement that addresses their needs; all students' needs should be addressed.
- The interrelation and links among physical activity, healthy eating, using substances and responding to stress are addressed throughout the course.
- The course demonstrates the linkages and the value of incorporating all elements of healthy living into daily practice.

**Authorized and Recommended Learning Resources:**

*For a complete list of resources see pages 107 - 110 of the Healthy Living 1200 Curriculum Guide found at*

[http://www.ed.gov.nl.ca/edu/k12/curriculum/guides/familystudies/healthyliving/SectionIV\\_Appendices.PDF](http://www.ed.gov.nl.ca/edu/k12/curriculum/guides/familystudies/healthyliving/SectionIV_Appendices.PDF)

**Assessment and Evaluation Plan for *Healthy Living 1200*:**

**Assessment:**

Assessment and Evaluation in this course is governed by the *Assessment and Evaluation Policy* of the Eastern School District. This policy is located at

[http://www.esdnl.ca/about/policies/esd/IL\\_IL.pdf](http://www.esdnl.ca/about/policies/esd/IL_IL.pdf). The regulations are located at <http://www.esdnl.ca/aboutesd/policies/regulations.jsp?cat=I&code=IL>

### **Evaluation:**

While the intention is to involve movement in as much of the course as possible the units will be weighted in the following manner for evaluation purposes.

<b>Active Living</b>	<b>40%</b>
<b>Healthy Eating</b>	<b>20%</b>
<b>Controlling Substances</b>	<b>20%</b>
<b>Personal Dynamics</b>	<b>20%</b>

The Active Living section of the course will be assessed and evaluated using the Eastern School District Physical Education Assessment Tool and the Grade 7 - Level III Guiding Principles. Assessment and evaluation of the units on Healthy Eating, Controlling Substances and Personal Dynamics may include, but shall not be limited to, student portfolios, tests & quizzes, projects, research work, powerpoints, video presentations, group discussions, written reports, posters and role plays.

**Note:** Teachers are expected to use a variety of assessment and evaluation techniques to meet the needs of the diverse learner. Homework and student behavior (except where specified in Provincial documents) shall not be given a value for assessment.

All evidence of learning shall be considered when determining a student's final grade. Averaging shall not be used as a sole indicator of a student's level of attainment of the course outcomes.

### **Online curriculum guide:**

[http://www.ed.gov.nl.ca/edu/k12/curriculum/guides/familystudies/healthyliving/SectionIV\\_Appendices.PDF](http://www.ed.gov.nl.ca/edu/k12/curriculum/guides/familystudies/healthyliving/SectionIV_Appendices.PDF)