

## PPL30 - Healthy Active Living Education, Grade 11, Open

The emphasis of the health courses is on providing students with the knowledge and skills they need to make healthy choices today and lead healthy active lives in the future. Through participation in a wide range of physical activities, they develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. They also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own choices and behaviours, as well as various factors in the world around them, affect their own and others' health and well-being. Through the HALE courses, students build a stronger sense of themselves, learn to interact positively with others, and develop their ability to think critically and creatively.

By the end of this course, students will:

- Use self-awareness and self-monitoring skills to help them understand their strengths and needs, recognize sources of stress, take responsibility for their actions, and monitor their own
- Progress as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living.
- Use adaptive, management, and coping skills to help them respond to the various challenges they encounter as they participate in physical activities, develop movement competence, acquire knowledge and skills related to healthy living.
- Communicate effectively, using verbal or non-verbal means, as appropriate, and interpret information accurately as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living.
- Apply relationship and social skills as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living to help them interact positively with others, build healthy relationships, and become effective group or team members.
- Use a range of critical and creative thinking skills and processes to assist them in making connections, planning and setting goals, analysing and solving problems, making decisions, and evaluating their choices in connection with learning in health and physical education.
- Participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of factors that can influence and support their participation in physical activity now and throughout their lives.
- Demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living.
- Demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.
- Perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities.
- Apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities.
- Demonstrate an understanding of factors that contribute to healthy development.

- Demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being.
- Demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being.