



PATTISON HIGH SCHOOL

We don't teach a class, we teach individual students in a class

Active Living 11 / 12

Winter Semester 2026

Ms. Pettinger
Room 114/Outdoors/YMCA
Period 2

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Active Living 11

As they integrate physical activity into their daily routines and leisure pursuits, students adopt lifestyles that reflect concepts of healthy, active living. They gain an understanding and appreciation of factors that influence the health and welfare of themselves and others. As students participate in co-operative and competitive activities, they apply motor abilities and refine movement skills and concepts. As students participate in physical activities, they develop and reinforce constructive, positive personal behaviors and safety practices. Students analyze, perform, and supervise physical activities in a variety of diverse roles.

Active Living 12

Active involvement in fitness and activity programs reinforces the importance of a balanced lifestyle. By participating safely in physical activities and by analyzing the movement skills of others, students gain an appreciation and awareness of how the body moves. Students perform, analyze, and evaluate a variety of activity specific motor skills in a selection of activities. As students lead, participate in, and adapt a variety of physical activities, they model appropriate social behaviors and safety practices. They reflect and expand on personal leadership skills through peer-teaching experiences.

Bringing together physical activity, health concepts and active living complements First Peoples perspectives and worldviews that recognize the importance of balancing all components of well-being to maintain a healthy and safe way of life.

An underlying principle of the PHE curriculum is that students must be active in creating, assessing, and applying what they learn to their daily lives.

The BC Physical and Health Education curriculum contributes to students' development as educated citizens through the achievement of the following **goals**. Students are expected to

- participate appropriately in a variety of physical activity, keeping in mind the importance of safety and fair play.
- be self-directed, responsible, and empathetic participants.
- acquire the knowledge to make educated decisions about their physical self in the future.

- develop an appreciation for an active lifestyle.
- develop a minimum level of physical fitness, through a regular programme of physical exercise.

Big Ideas

1. Physical activity is an important part of overall health and well-being.
2. Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity.
3. Safety and injury prevention practices allow lifelong participation in physical activities.

Curricular Competencies

1. Health and well-being
2. Safety
3. Participation
4. Leadership

Materials

- A lined paper notebook
- Proper exercise clothes and athletic shoes

Expectations

- Be in the classroom ready to complete the daily activity and written assignments.
- Proper etiquette outdoors and at the YMCA.
- You must wear proper athletic clothing to participate in class.
- English only.
- Be in class on time.

Evaluation Scheme

50% Participation & Activity Journal

30% Health & Well Being Projects

10% Final Exam

10% Leadership & Safety