

PPL10 – Summative

The PPL10 (Gr. 9) Physical Education summative will have three parts that you must complete. Two parts of your summative will be completed in the classroom/computer lab and then remaining part will be completed in an actual physical education class. The three parts of your summative are :

Part 1 (20% of Summative Mark) Critical Thinking/Reflection

Part A : 10 % of Summative Mark – Columnist Response

You have been hired as a columnist in an Ottawa based teen health magazine. Your task is to critically analyze the letters that have been submitted to the magazine by teens and then respond to one of them. ***You must submit a suitable two page response that will present solutions and is based on what you have learned this year.*** Your letter does not have to be all text and can include some pictures/myths/facts etc. You must include the original letter as part of your two page response.

Alternate Option : same assignment as above done orally as a mock phone call. We will pretend to have a student calling you and you will give the appropriate advice.

Letter

Dear “Experienced”,

I am a grade 8 student and am planning on attending Glebe CI next fall. I am nervous about coming to high school because I have heard a lot of scary stories from my older brother. I am worried because it already feels like things are getting out of control at my school ... I can't even imagine how bad it will be in high school. (the letter continues in one of the three ways – PICK ONE to answer) :

Some of my friends drink frequently, some smoke and others say they have tried “other” things. I haven't started drinking yet and really am not sure if I want to, but friends continue to encourage me to try it. I want to have fun in high school, but am wondering how difficult it will be with all the pressure.

Some of my friends claim they are sexually active, but I'm not sure they are. I've had a boyfriend/girlfriend now for a few months and some of my friends are asking when we are going to “do it”. I'm not sure I'm ready for that, or even if my boyfriend/girlfriend wants to. We seem pretty happy, but I'm worried that once I get into high school it will be expected. Since my brother tells me Everyone at high school is “doing it”.

I really want to attend Glebe CI but an older boy who went to my school last year is now at Glebe and he constantly bullied and threatened one of my good friends, and he wants to go to another school to avoid him. My brother also told me that bullying is nothing compared to the kind of abuse that happens at high school. What is he talking about? I want to attend Glebe with my friend but I'm not sure what to do.

Please tell me what you think and any advice/suggestions would be appreciated.

“Scared” in the Glebe.

Part B : 10% of Summative Mark - Fit for Life

This part of the summative involves three parts.

1. Identify 5 benefits of leading a healthy lifestyle. Explain each of the benefits in detail.
2. Knowing the above 5 benefits of a healthy lifestyle what are 3 available resources in your immediate community that would help you to lead a healthier lifestyle. Immediate community is accessible to you via walking/biking - not taking public transportation of any kind to get to the location. For each resource give the following :

Name, address, resources/activities available, hours of operation, costs associated with using
3. Critically reflect on your own present lifestyle and discuss one area that you feel you need to improve upon. What are your current habits, why do feel a need to improve, and outline your plan for improvement.

Submit a 2 page single spaced typed document.

Part 2 (10% of Summative Mark) In -Class Activity

For this part of your summative it will all be done during one of your physical education classes. For the class you will be instructed to take part in various activities and demonstrate the following:

- Preparedness and active participation
- Proper safe behaviors (including care of equipment) related to the activities
- Usage/demonstrate skills taught in class
- Usage/demonstrate proper strategies taught in class
- Inclusiveness of all regardless of abilities
- Fair play and sportsmanship

The attached rubrics will be used to evaluate all pieces of your summative.