## CONTENTS

Acknowledgements	vii
Introduction	1
Purpose	1
Background	1
Document Content and Organization	3
Overview of Grade 11 Active Healthy Lifestyles	7
Framework Overview	9
Key Characteristics from the Framework Reinforced in Grade 11	9
Policy for Implementing Grades 11 and 12 Physical Education/ Health Education	12
Planning for Implementation	21
Guiding Principles	21
Guidelines for Implementation	22
Specific Learning Outcomes	32
Grade 11 Active Healthy Lifestyles – Specific Learning Outcomes	32
Physical Activity Practicum	33
Core Component	34
Implementation Overview	37
Grades 11 and 12 Philosophy for Effective Programming	37
Connections between the General Learning Outcomes and the Modules	38
Planning for Instruction	43
Planning Guidelines and Tools	43
Active Learning Strategies	43
Assessment and Reporting	45
Purposes of Assessment	46
Determining Course Completion	49

Modules for Physical Activity Practicum and Component	59
Introduction	61
Guide to Reading the Modules and Lessons	61
Module A: Physical Activity Practicum	67
Specific Learning Outcomes	68
Introduction	69
Lesson 1: Personal Physical Activity Inventory	71
Lesson 2: Managing Risks Related to Physical Activity	79
Lesson 3: Implementing the Safety and Physical Activity Plan	91
Module B: Fitness Management	103
Specific Learning Outcomes	104
Introduction	105
Lesson 1: Physical Activity for Optimal Health and Fitness	107
Lesson 2: Changing Physical Activity Behaviour	113
Lesson 3: Understanding Your Personal Motivation for Physical Activity	123
Lesson 4: Addressing Barriers to Physical Activity	137
Lesson 5: Making Physical Activity a Habit	145
Lesson 6: Planning for Physical Fitness	161
Module C: Mental-Emotional Health	185
Specific Learning Outcomes	186
Introduction	187
Lesson 1: Mental Health, Health Habits, and Exercise	189
Lesson 2: Stress and Body Image	205
Lesson 3: Anxiety and Depression	225
Module D: Social Impact of Sport	237
Specific Learning Outcomes	238
Introduction	239
Lesson 1: The Roles of Sport	241
Lesson 2: Sport as an Agent for Social Change	251
Lesson 3: Sporting Behaviour	265
Module E: Substance Use and Abuse Prevention	275
Specific Learning Outcomes	276
Introduction	277
Lesson 1: Legal and Illegal Substances	279
Lesson 2: Stages of Substance Use and Addiction	293
Lesson 3: Risks and Consequences of Substance Use	303
Lesson 4: Advocacy against Substance Use and Abuse	333

Bibliog	graphy	407
	Appendix G: Common Planning Tools and Forms	395
	Appendix F: Sample Assessment Tools and Checklists	387
	Appendix E: Active Learning Strategies	379
	Appendix D: Planning Guidelines for Physical Education/ Health Education	363
	Appendix C: Specific Learning Outcomes for Grade 11 Active Healthy Lifestyles	359
	Appendix B: Grade 11 Active Healthy Lifestyles Curriculum Matrix	355
	Appendix A: Curriculum Map for Grades 11 and 12 Active Healthy Lifestyles	353
Appen	dices	351