



## TPJ20 Unit Plan

Unit 1 – Physical Health (21 Hours)								
<b>Unit Description:</b> Students will explore aspects of physical health, such as exercise, sleep, and food. Students will also create a physical health plan.								
<b>Overall Expectations:</b>								
<ol style="list-style-type: none"> <li>1. describe factors that affect personal health and well-being</li> <li>2. develop and use a variety of age-appropriate recreational activities to promote safe and healthy play for children and adolescents</li> <li>3. demonstrate an understanding of and apply sound nutritional practices, as described in Canada's Food Guide</li> </ol>								
Lessons (each lesson is 180 minutes/3 hours)								
No.	Title	Specific Expectations Covered (code only)						
1.1	Introduction	N/A						
1.2	Exercise	A2.1, A2.3						
1.3	Sleep	A2.1, A2.8						
1.4	Nutrition	A2.1, A2.2, A2.8, B3.1						
1.5	Diet Types	A2.1, A2.2, A2.8,						
1.6	Guest Speaker	A2.1, C1.2						
1.7	Assignment 1 Presentations	A2.1, A2.3, A2.8, B3.1						
Assessment(s)								
Lesson No.	Title	Overall Expectations Covered (code only)	FOR/AS	P/O/C	Categories Covered (check all that applied)			
					K	T	C	A



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1.2 – 1.5	Glossary Quiz	A2, B2, B3	FOR	O	✓			
1.2 – 1.5	Homework Forum	A2, B2, B3	AS	P	✓		✓	
1.2 – 1.5	Group Production	A2, B2, B3	AS	POC	✓	✓	✓	✓
<b>Evaluations</b>								
Title	Weight (%)	Overall Expectations Covered (code only)	P/O/C	Categories Covered (check all that applied)				
				K	T	C	A	
Assignment #1 – Physical Health Plan	10%	A2, B2, B3	P	✓	✓	✓	✓	

**Note:**

- Add more rows for more lessons, assessments and evaluations.
- Copy and paste table for more units.
- P = Student Product, O = observation, C = Conversation