

**Physical Education – Hampton/Erickson**  
**Active Living Assignment:**  
**The Pursuit of Active Living in Your Community**

*The following Ministry of Education Prescribed Learning Outcomes are being assessed through the completion of this assignment:*

**Knowledge (Cognitive):**

Through the completion of this assignment students will:

- Describe a variety of ways to be active throughout one's life
- Assess the positive implications of active living
- Describe ways to pursue personal physical activities goals related to health-related components of fitness or skill-related areas of fitness.
- Analyze how principles of training relate to components of fitness

**Assignment Outline:**

For this assignment, you will put yourself in the position of a student living within the Fraser Valley Region: Langley, Abbotsford, Surrey, and Maple Ridge. As a member of this broad community, you are looking for ways to remain physically active throughout the week, while still being capable to manage your increasingly busy schedule.

You will be required to complete the following 5 aspects:

- 1) **Research:** Find out what is available within your community to help you improve/maintain an appropriate level of fitness. (Ex. Community Center programs, fitness programs, health and fitness classes, drop-in activities, etc.)

**Note: Choose activities from each region:** Langley, Abbotsford, Surrey, Maple Ridge.

Check out the local websites on the R E Mountain Library Site under ***Pathfinders/P.E:***

<http://mountainlibrary.weebly.com/2/category/pedb554188fc/1.html>

Remember to keep track of the sources of your information – online, print or other.

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- 2) **Select:** Choose 3 age-appropriate fitness classes/opportunities for you to help improve your fitness and to be active throughout one's life. You must provide 3 activities for the following stages: 1) Ages 15-25 2) Ages 25-55 3) Ages 55+.
- 3) **Variety:** Your choices of activity for each stage must contain both drop-in and class-based activities and must include one of each of the following components:
  - a. Cardiovascular Heart Fitness
  - b. Muscular Strength and Endurance
  - c. Flexibility
- 4) **Description:** You must describe your activities (class type, time, location, cost, fitness component, and a description of a routine day at class/drop-in).
- 5) **Summary:** You must explain how these activities contribute to the positive implications of active living throughout your life and analyze how the principles of training will improve your health and overall fitness.

**Due Date:**

Your assignment is due at the start of class on **Wednesday, February 20, 2013.**

**Note:**

You are free to complete this assignment as you see fit (website, power point, video, poster, paper, Prezi, etc.) however, you must ensure that you have appropriately met each component sufficiently and that you hand in the appropriate information so that Mr. Erickson/Mr. Hampton can access the assignment by the due date (ex. website link, paper, CD, etc.).

### Assessment:

**Comments:**