

# Physical/Health Education 20F Grade 10



## Course Outline

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### INTRODUCTION

This course is designed to help students improve their level of overall wellness, through concept, knowledge, and skill development, and the encouragement to adopt an active lifestyle. These objectives are achieved through the participation by students in both gymnasium and classroom settings.

Learning outcomes are achieved through active participation in both physical activity and health components of this course. The five general learning outcomes for Grade 10 Physical/Health Education are:

- Movement
- Fitness Management
- Safety
- Personal and Social Management
- Healthy Lifestyle Practices

### PHYSICAL ACTIVITY COMPONENT

Each physical activity unit (typically 1 week in length) will have an outcome identified from 1 of the five GLO's. During the week, a 4pt rubric will be used to assess what level the student has demonstrated to the instructor.

4 Point Rubric Guideline:

1. The student rarely demonstrates the outcome.
2. The student sometimes demonstrates the outcome.
3. The student usually demonstrates the outcome.
4. The student consistently demonstrates the outcome.

### HEALTH COMPONENT

Each health module provides students with information relevant in pursuing healthy, active lifestyles.

Module 1	Goal Setting
Module 2	Activity Living
Module 3	Fitness Components
Module 4	CPR
Module 5	Nutrition
Module 6	Stress
Module 7	Self Esteem and Decision Making
<b>Module 8*</b>	<b>Substance Use and Abuse</b>
<b>Module 9 *</b>	<b>Responsible Sexual Behaviours</b>
Module 10	Believe in You

Due to the potentially sensitive content of Modules 8\* & 9\* parents have the option to deliver this curriculum/content at home. **Please sign below if you are choosing the PARENTAL OPTION and return to your son/daughter/ward's instructor.** Both Grade 9 & 10 curriculums can be found at the following website:

[https://www.edu.gov.mb.ca/k12/cur/physhlth/foundation\\_s1-2/index.html](https://www.edu.gov.mb.ca/k12/cur/physhlth/foundation_s1-2/index.html)

#### PARENT/GUARDIAN OPTION FOR POTENTIALLY SENSITIVE CONTENT

STUDENT NAME: \_\_\_\_\_ PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

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### HEALTH COMPONENT

All health assignments will be located on Microsoft TEAMS.

During the first week of school students will gain access to the health assignments on Microsoft TEAMS. All health assignments can be accessed/submitted from this platform.

### DIGITAL CITIZENSHIP

The use of any technology is to enhance learning, not to distract from learning. The guiding principle of the use of technology in the gym/classroom is as follows:

- |  |  |
|--|--|
| In the gym/outside (physical activity) | - no use of cellphones (not on their body – in class bucket or own locker) |
| In the classroom (health)              | - no use of cellphones (not on their body - in class bucket or own locker) |

### VALUABLES

Please ensure all your valuables are not left in the gym changeroom during class. Options are in teacher bucket locked up in their office or in student's own locker.

### FINAL MARK

Is based on an accumulation of weekly assessed outcomes in both physical & health education. There is no final exam in this course.

### COMMUNICATION

Microsoft Teams will be the platform for communicating between teacher-student.