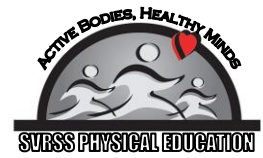


# Physical/Health Education 20F Grade 10



## Course Outline

**INSTRUCTOR** Mr. Derek Henkelman

(204) 734-4511

[dhenkelman@svsd.ca](mailto:dhenkelman@svsd.ca)

### 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 Online Safety and Social Media Awareness
- Module 2: Understanding Mental Health in Teens
- Module 3: Mastering Time Management Skills
- Module 4: Setting and Achieving Goals
- Module 5: The Importance of Sleep
- Module 6: Effective Communication Skills
- Module 7: Building Healthy Relationships

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Module 8: Understanding Substance Abuse

Module 9: Coping with Loss, Grief and Change

Module 10: Nutrition for a Healthy Lifestyle

Module 11: Basic First Aid

Module 12: Understanding Consent and Health Boundaries



## 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:

1. In the GYM or OUTSIDE (physical activity)
  - no use of cellphones (not on their body, in teacher bucket, in student's locker or backpack)
2. In the CLASSROOM (Health)
  - at the teacher's discretion (we will use them for learning if required, otherwise they should not be being used during class time)
  - The following steps will be taken in the event of phones being used at inappropriate times in class...
  - 1<sup>st</sup> time...Reminder from the teacher to the student to put the phone away
  - 2<sup>nd</sup> time...Phone will be placed on teachers desk for the remainder of the period.
  - 3<sup>rd</sup> time...phone will placed in the office for the remainder of the day. Student can pick up at the end of the day.

## 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.