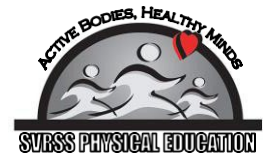


# Physical/Health Education Grade 9-12 Individualized



## 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 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, students will receive a mark for each day they are active in class. This will be used to assess what level the student has demonstrated to the instructor. This mark will be entered at the end of each will and will reflect the number of classes attended and participated in each week.

### HEALTH COMPONENT

Each health module provides students with information relevant in pursuing healthy, active lifestyles. Health units will be delivered via Guest Speakers and Video units for all grades. There are no physical assignments for health.

Active Living	Stress
Principles of Training	Nutrition
First Aid	Self Esteem and Decision Making
Personal Safety	CPR
Healthy Relationships	
Human Sexuality	
Substance Use & Abuse	
Believe In You: Character Education	

Due to the potentially sensitive content 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.**

All Grade 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)

### HEALTH COMPONENT DELIVERY

PARENT/GUARDIAN OPTION FOR POTENTIALLY SENSITIVE CONTENT

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

All health assignments will be in presentation by guest speaker and Video form for students. There are no physical written assignments. There will be class discussion on the various Topics for all grades

### **DIGITAL CITIZENSHIP/CELL PHONES**

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/ Health – **CELL PHONES ARE BANNED** (not on their body –in class phone box or hall locker, not in change room)
- School devices must also be used appropriately for health and class activities. Games/ social media etc are not permitted during class time.
- The following are the step that will be taken if use becomes an issue

*Step 1 – classroom teacher reminder. Ask for phone to go to locker, backpack or bucket.*

*Step 2 – classroom teacher warning that explains next step (3)*

*Step 3 – Office referral with cell phone turned over to school leader and securely stored until end of day.*

*Parent communication occurs if severe or reoccurring. The above steps are intended to be delivered as a teacher not a disciplinarian*

### **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/lock box or in student's own locker.

### **FINAL MARK**

Is based on an accumulation of weekly class participation marks. Health has no physical assessments. Class mark is based on participation in class. Attendance is very important in this class. If your not in class to participate your assessment each week will reflect how often you were in class and participating. For example: If the week was 5 days long then if you were in class and participating then you would get a 5 out of 5. If you missed or skipped a class then you would receive a 4/5