



Physical/Health Education 30F

Course Outline

INSTRUCTOR

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INTRODUCTION

This course is designed to help students improve their level of overall wellness, through concept, knowledge, and engaging in “physical activity” independently. Learning outcomes are achieved through the completion of both the Health and Physical Activity components of this course. The five General Learning Outcomes (GLO’s) for Grade 11 Physical/Health Education are:

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

HEALTH COMPONENT

During the first week of school students will gain access to Microsoft TEAMS to access the Grade 11 Physical/Health Education course page.

Assignments are to be completed and submitted to the instructor using TEAMS.

When all the assignments are successfully completed the Health Component is completed.

Attendance is mandatory until the Health Component is completed. **The**

Health Component represents 25% of the course.

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

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| Module 1 | Physical Activity Planning |
| Module 2 | Fitness Management |
| Module 3 | Mental Emotional Health |
| Module 4 | Social Impact of Health |
| Module 5 | Substance Use and Abuse |
| Module 6 | Character Education “Believe In You” |

PHYSICAL ACTIVITY COMPONENT

Students are required to complete a **total of 90 hours of Physical Activity.**

A Physical Activity Plan is required to be completed before hours can be recorded (Module 1).

The Physical Activity Plan requires parent/guardian signature.
Physical Activities are to be selected from the province of Manitoba "Approved List of Activities" (Module 1).
Physical Activities can include any school field trip experience.
A maximum of 30 hours can be used for any 1 selected activity.
Physical Activity Logs allow students to record activity each week.
Physical Activity Logs are available from the teacher each Tuesday. **The Physical Activity Component represents 75% of the course.**

ASSESSMENT

The mark on Powerschool represents the percentage of the course that is completed. Students are required to complete all 90 hours of activity and all health assignments to earn the credit in this course. The mark starts at zero. As your child/ward completes assignments and hands in hours the mark goes up until the required 100 marks have been completed. 100% of the course is required to be completed to earn the credit in this course.

FINAL MARK

When both the Health and Physical Activity Components are completed the mark of 100% will be converted to a Complete (CO) designation.

DIGITAL CITIZENSHIP

This summer Manitoba Education pushed out a new mandate on personal device use, which you can view as Administrative Procedure 230. Key things to apply from the AP are personal devices would include tablets, e-readers, smart phones, MP3 players, smart watches and electronic toys. For K to 8 students the entire school day on campus will be device or cell phone free. Our senior year students and NITT students are device free during class time. Staff are expected to not create a double standard by being on their devices during class time or supervision. Medical needs that require a device will follow our normal procedure that requires the creation of a Student Support Plan. The goal of this AP is to ensure our students and staff are engaged in learning and play, plus give our students a safe environment free from devices. Just like I cannot text and pay attention to driving, we cannot be on a device and learn. We expect our teachers and school leaders to support this responsible device use by implementing the following:

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

Step 2 – classroom teacher will keep the phone on their desk for the remainder of class

Step 3 – If the phone becomes a constant issue, administration may be asked to become involved.

COMMUNICATION

Teacher - Student communication will be done in person or via Microsoft Teams.

Teacher – Parent communication will be done via phone calls and/or emails.

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