

# 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 12 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.

45 hours of “independent hours” and 45 hours from the “other category” (SVRSS Tigers sports, Community Sports/Organizations, Intramurals, SVRSS field trips, Volunteering to maximum of 10 hours)

A maximum of 30 hours can be used for any 1 selected activity.

Physical Activity Logs allow students to record activity each week.

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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 % 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

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

In the classroom (health) - no use of cellphones (not on their body - in class bucket or own locker)

### COMMUNICATION

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