

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

Assignments are to be completed and submitted to the instructor using TEAMS.
The Health Component represents 25% of the course.

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

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

Classes are transitioning into being teacher directed “in” class activities.
Students are required to complete a total of 75 hours of Physical Activity with a teacher in class.
Physical Activities will included field trip experiences as well.
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 75 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.

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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:

During all classes no cellphones are allowed (not on their body -they are to be in class bucket or in their own locker)

VALUABLES

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

COMMUNICATION

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