Physical/Health Education 30F
Course Outline

INSTRUCTOR

Mrs. Janelle Smith (204) 734-4511 Direct extension (204) 734-7943 jsmith@svsd.ca

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.

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"
Module 7	Cybersecurity Certification

PHYSICAL ACTIVITY COMPONENT

Students are required to be IN CLASS this year for Physical Activity as per new requirements by the Manitoba Government.
A Physical Activity Plan is required to be completed as part of the course plan. (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.
There will also be Field trip potions for students who will need to complete hours from missing in class hours.
There will also be compulsory activities like the pool, golf course and curling as part of the curriculum and off school activities.

The Physical Activity Component represents 75% of the course.

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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. If (IN) is displayed then there is still course work that needs to be completed.

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 gym/outside (physical activity/ Health – CELL PHONES ARE BANNED (not on their body –in class phone box or hall locker, not in change room) this included ear buds.**
- **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

COMMUNICATION

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