# Physical/Health Education 40F
# 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 & SCHOOLOGY**

During the first week of school students will gain access on Microsoft TEAMS to access the Grade 12 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 | Nutrition |
| Module 4 | Leadership |
| Module 5 | Character Education "Believe In You" |
| Module 6 | First Aid Certification |

**PHYSICAL ACTIVITY COMPONENT**

Students are required to complete IN CLASS and OUT OF CLASS Hours. This works to about 50 50% of the grade.
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 and compulsory activity units like Curling, Swimming and Golfing.
A maximum of 25 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 Friday.
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. Students need to be checking their teams on a regular basis.