Physical/Health Education 20F Grade 10

Course Outline

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INTRODUCTION

This course is designed to help students improve their level of overall wellness, through concept, knowledge, and skill development, and the encouragement to adopt an active lifestyle. These objectives are achieved through the participation by students in both gymnasium and classroom settings.

Learning outcomes are achieved through active participation in both physical activity and health components of this course. The five general learning outcomes for Grade 10 Physical/Health Education are:

Movement
Fitness Management
Safety
Personal and Social Management
Healthy Lifestyle Practices

PHYSICAL ACTIVITY COMPONENT

Each physical activity unit (typically 1 week in length) will have an outcome identified from 1 of the five GLO's. During the week, a 4 point rubric will be used to assess what level the student has demonstrated to the instructor.

4 Point Rubric Guideline:

1. The student rarely demonstrates the outcome.
2. The student sometimes demonstrates the outcome.
3. The student usually demonstrates the outcome.
4. The student consistently demonstrates the outcome.

HEALTH COMPONENT

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

Module 1	Goal Setting
Module 2	Activity Living
Module 3	Fitness Components
Module 4	CPR
Module 5	Nutrition
Module 6	Stress
Module 7	Self Esteem and Decision Making
Module 8	Substance Use and Abuse
Module 9	Responsible Sexual Behaviours
Module 10	Believe in You

HEALTH COMPONENT
All health assignments will be located on Microsoft TEAMS.

During the first week of school students will gain access to the health assignments on Microsoft TEAMS. All health assignments can be accessed/submitted from this platform.

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 gym/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 includes 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

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

FINAL MARK
Is based on an accumulation of weekly assessed outcomes in both physical & health education. There is no final exam in this course. **ALL Health assignments are Compulsory and therefor if not completed the credit will not be earned. All health assignments must be complete by the end of the day on the last teaching day of the semester before exams.**

COMMUNICATION
Microsoft Teams will be the platform for communicating between teacher-student. Students need to be checking their teams on a regular basis.