Physical/Health Education 10/20M Grade 9/10

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. This course is presented to capture the uniqueness of all students and to support them in any of their physical needs with teacher and EA support.

Learning outcomes are achieved through active participation in both physical activity and health components of this course. The five general learning outcomes for Grade 9 Physical/Health Education are:

Movement
Fitness Management
Safety
Personal and Social Management
Healthy Lifestyle Practices

PHYSICAL ACTIVITY COMPONENT

Students will be active each day in class to earn a point towards their overall grade. The course is designed to be activity based so that students get a variety of activities and health topics to aid in lifelong physical activity and healthy lifestyle choices. Health topics will be covered by guest speakers as will a video and class discussion.

HEALTH COMPONENT

The health module provides students with information relevant in pursuing healthy, active lifestyles.
All health will be presented in class by guest speakers and video screening and discussion of topics.

Active Living
Self Esteem and Decision Making
Principles of Training
First Aid
Personal Safety
Healthy Relationships
Human Sexuality
Substance Use & Abuse
Goal Setting
Fitness Components
CPR
Nutrition
Stress
Believe In You: Character Education

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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 gym/classroom is as follows:

- **In the gym/outside (physical activity) - no use of cellphones (not on their body –in class phone box or locker)**
- **In the classroom (health) - same as above unless given permission to use by the teacher- phone must be placed in the phone box**

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**.** Marks are based on physical activity and a combination of health topics covered through videos, discussions, small groups and guest speaker presentations.

COURSE COMMUNICATIONS

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