Physical/Health Education 10F Grade 9

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 9 Physical/Health Education are:

1. *Movement*
2. *Fitness Management*
3. *Safety*
4. *Personal and Social Management*
5. *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 4pt 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 COMPONENTS

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

Module 1 Online Safety and Social Media Awareness

Module 2: Understanding Mental Health in Teens

Module 3: Mastering Time Management Skills

Module 4: Setting and Achieving Goals

Module 5: The Importance of Sleep

Module 6: Effective Communication Skills

Module 7: Building Healthy Relationships

Module 8: Understanding Substance Abuse

Module 9: Coping with Loss, Grief and Change

Module 10: Nutrition for a Healthy Lifestyle

Module 11: Basic First Aid

Module 12: Understanding Consent and Health Boundaries

ASSIGNMENTS / PROJECTS

- All health assignments will be located on the online Microsoft TEAMS platform.
- During the first week of school students will gain access the Grade 9 Physical/Health Education course on TEAMS.
- All health assignments can be accessed/submitted from this platform.

DIGITAL CITIZENSHIP / PHONE POLICY

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

- The following steps will be taken in the event of phones being used at inappropriate times in class…
    1. 1st time…Phone will be placed on teachers desk for the remainder of the period.
    2. 2nd time…phone will placed in the office for the remainder of the day. Student can pick up at the end of the day.

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 MANDATORY 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.

COURSE COMMUNICATIONS

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