



## Physical Education 10 Outline

### Introduction:

Physical Education 10 is a mandatory course for students working on the 80 Credit Dogwood.

### Teacher:

For more information contact Bryan Onstad [bonstad@sd40.bc.ca](mailto:bonstad@sd40.bc.ca) or <http://www.VirtualSchoolBC.com>

### Pre-requisites:

- Computer skills
- Grade 10 level English skills
- The ability to engage in fitness related activities.

### Structure:

PE 10 has 3 units:

#### 1. Active Living

- a. Involves theoretical readings and exercises including nutrition, activity programs, warmup, First Aid, your body, community programs, and choices

#### 2. Movement

- a. Includes activity logs
- b. DPA (Daily Physical Activity) must be **agreed to by teacher** and proven using tracking and signatures. It can include community sports, fitness, or personal fitness that is signed off by an adult.

#### 3. Personal and Social Responsibility

- a. Includes safety, self-confidence, etiquette, leadership and careers

The activity portion of the course will run concurrently with the other 2 units.

### Assignments and Tests:

The majority of this course is project based in nature. There are approximately 15 exercises worth 50% of mark and 50% based on activity logs.

### Cheating and Plagiarism:

This course has no tolerance for cheating and for plagiarism.

### Textbook:

All information for this course is online. There is no textbook required.