

## New Westminster Online Learning School

### Physical and Health Education 10:

#### Course Description

Physical and Health Education 10 builds on the theory taught in PHE 9. Fitness literacy and fitness theory are expanded to include overload, recovery and specificity fitness principles. The goal is to educate students to become independent in managing and practicing physical fitness. The course also delves more into emotional and psychological healthy lifestyles.

#### Course Expectation

Students are expected to login at least 3 times per week and are expected to complete the first assignment within 2 weeks of enrolling. The course should be completed within 5-months. They are expected to be in communication with their teacher when they have questions and if they need additional support. Students are expected to submit their own work and to be honest with their activity logs.

#### Enduring Understanding/Big Ideas

Students will focus on:

- Understanding our strengths, weaknesses, and personal preferences
- Healthy mental well being
- Regularity and timing of fitness

#### Specific Learning Outcomes

Can be found at <https://curriculum.gov.bc.ca/curriculum/physical-health-education/10/core>

#### Course Content

Module 0	Activity Logs
Module 1	Exercise Principles
Module 2	Principles of a Healthy Lifestyle

**Student Learning Activities and Strategies**

All materials, lessons, assignments, and assessments are online and use a combination of text, discussions, short videos, worksheets, links to websites, practice questions and online quizzes.

Email instruction is also employed to help students 1 on 1 when needed

**Assessment**

- Quizzes and online assignments are employed.
- Activity logs are submitted

**Evaluation**

<b>Learning Activity</b>	<b>Percentage of Final Mark</b>
14 Exercises	70%
3 Activity Logs	30%

**Resources**

All materials are online, so access to a reliable high-speed internet is essential, and students use a laptop, desktop, or Chromebook. No textbook or workbook is required.