

New Westminster Online Learning School

Physical and Health Education 9:

Course Description

Physical and Health Education 9 introduces students to fitness literacy and fitness theory. The goal is to educate students to become independent in managing and practicing physical fitness. The course also delves into nutrition, sleep and other healthy lifestyle principles.

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_(taken right from bced.gov.bc.ca)

Students will focus on:

- Habitual fitness
- Fitness literacy.
- Healthy Choices in life

Specific Learning Outcomes

Can be found at <https://curriculum.gov.bc.ca/curriculum/physical-health-education/9/core>

Course Content

Module 0	Activity Logs
Module 1	Exercise Principles
Module 3	Principles of a Healthy Lifestyle



New Westminster Schools

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

Learning Activity	Percentage of Final Mark
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.