

Physical Health & Education 9

Course Outline

Description

The Physical and Health Education (PHE) curriculum aims to empower students to develop a personalized understanding of what healthy living means. Physical and Health Education (PHE) is designed to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy citizens throughout their lives.

Big Ideas

Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.

Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.

Healthy choices influence our physical, emotional, and mental well-being.

Healthy relationships can help us lead rewarding and fulfilling lives.

Advocating for the health and well-being of others connects us to our community.

Modules:

Module 0 – Activity Logs

There are 3 logs to cover 10 hours of activity each. You must form a plan and email it to the teacher before beginning. You can complete these hours while working on Modules 1 - 3.

Module 1 – Active Living

This module contains on readings and exercises on the following topics: definition of active living and its benefits, types of fitness, and principles of training.

Module 2 – Personal and Social Responsibility

This module contains on readings and exercises on the following topics: safety, self-confidence, and cooperation.

Module 2 – Social and Mental Health

This module contains on readings and exercises on the following topics: unsafe situations, healthy relationships, and substance abuse.

Required resources

Access to a computer and Internet access is required as there are various readings, videos, animations, simulations and links in the course. All of the materials are online and there is NO textbook.

The curriculum for this course can be found by visiting the Ministry of Education's website:
<https://curriculum.gov.bc.ca/curriculum/physical-health-education/9/core>

Assessment Strategies

This course involves **exercises in Units 1 and 2** that will encompass 50% of your mark for this course. **You can only see Unit 1 but Unit 2 will appear when you complete Unit 1.** The other 50% will be from your submission of **activity logs in Unit 0** of this course.