

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 log in at least three times per week and are expected to complete the first assignment within two weeks of enrolling. The course should be completed within 5-months. They are expected to communicate with their teacher when they have questions and 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:

- 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.

Specific Learning Outcomes

Can be found at <https://curriculum.gov.bc.ca/curriculum/>

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 one-on-one when needed.

Assessment

- Quizzes are written.
- Activity logs are submitted

Evaluation

Learning Activity	Percentage of Final Mark
10 Exercises	70%
3 Activity Logs	30%
Total	100%

Resources

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