

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 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 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 helps us plan and achieve our goals.
- Trying a variety of physical activities can increase the likelihood that we will be active throughout our lives.
- Healthy choices influence and are influenced by our physical, emotional, and mental well-being.
- Personal fitness can be maintained and improved through regular participation in physical activities.

Specific Learning Outcomes

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

Course Content

Unit 0	Activity Logs
Unit 1	Active Living
Unit 2	Responsibilities

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
14 Exercises (14 x 5%)	70%
3 Activity Logs (3 x 10%)	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.