

## PHE 10 Fitness Course Outline

**Philosophy:** to enable all learners to enhance their quality of life through active living.

The fundamentals and strategies learned in Physical Education 8 and 9 are reviewed, but more time is devoted to development of individual fitness strategies and understanding. Students will also complete a first aid unit and career opportunities are explored. There is further work in the area of Active Health, with a focus on fitness, nutrition and a healthy lifestyle. Student participation is essential to success. Each student must attend regularly, demonstrate a willingness to learn, and put in a solid effort regardless of skill level.

We will be in the fitness centre at least 3 days/week. The other two days we will be in various facilities learning about health, nutrition, fitness principles, playing “traditional” games, going for hikes, etc. Be ready to run and workout everyday.

### Core Competencies:

- Communication, thinking, and personal/social

### Big Ideas:

- Understanding our strengths, weaknesses, and personal preferences helps us to plan and achieve our goals.
- Trying a variety of physical activities can increase the chances of being active throughout our lives.
- Health 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.

\* Activities may include indoor/outdoor individual, dual and team pursuits. Further description of the PE 10 curricula is available on the BC Ministry of Education website.

## Student Expectations

### Attendance

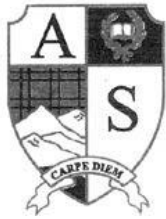
Attendance and active participation in PHE 10FIT is required. A note may be required upon returning to class for missed PHE classes and only absences of illness, medical appointments, school functions and other unavoidable reasons are considered excused absences. Students need to ensure parents/guardians make contact with the school regarding absences. Students are expected to communicate via MS Teams if they will miss any class.

### Punctuality

Students should be in gym strip, ready to go, within five minutes of the starting bell.

### Equipment/Materials needed

Students are required to have a change of clothes each day. This can be shorts/track-pants and a T-shirt/sweatshirt along with appropriate footwear such as running shoes/cross-trainers. Students must be prepared with warm/dry clothing when the class is outside. In addition, students are encouraged to include a water bottle as part of their everyday gym strip.



# ÉCOLE SECONDAIRE ARGYLE SECONDARY SCHOOL

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### Lockers

Please bring a lock to class every day (keep this in your bag) to secure your bag and personal items in a locker. Our PE facilities do not have space for your bags or personal items. These will become safety hazards. There are day-use lockers available for students and we request students to them to keep your belongings secure.

### Cell Phone Policy

Students should not have their cell phones in class. Cell phones should be locked in lockers unless otherwise communicated.

### Assessment

Will be made in the following curricular competencies: Physical Literacy, Healthy and Active living, Personal and Social Responsibility, Social and Communication. Evaluation may include assignments, self-assessment, teacher observation, and daily participation.

### Field Trips

Argyle’s PHE students will participate in out of school field trips in the community for various recreation activities. Argyle PHE students will participate in classes of school property, at local parks, in local trails and will involve students running or walking in the community. It is the student’s responsibility to transport themselves to these locations. Please complete the “Walking Field Trip” form located on your school Cash Online account.

### PLEASE RETURN THIS MEDICAL/INFORMED CONSENT APPROVAL FORM TO YOUR TEACHER

Name of Student: \_\_\_\_\_

Please note any health problems, physical restrictions, emotional difficulty, behaviour problem, or other factors that may limit participation in Physical Education:

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\_\_\_\_\_  
\_\_\_\_\_  
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Please note any serious injury or medical condition that would require special first aid treatment should another injury occur:

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