

Physical and Health Education 10 Course Information

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

In Physical and Health Education 10, students will explore a variety of individual and group activities. Leadership skills will be introduced and students will be encouraged to pursue leadership opportunities.

Physical Education classes will explore indoor and outdoor activities. Students are required to be prepared to participate in BOTH indoor and outdoor activities each day, regardless of weather conditions.

The course will take place over a 10 week period. Half the course will be in person Monday to Friday. The other half of the course, will be a blended model. On Mondays, all students will meet online via MS Teams. The class will be divided into two groups. Group A will meet in person Tues & Thurs; group B will meet Wed & Fri. 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.

Core Competencies:

- Communication, thinking, and personal/social

Big Ideas:

- 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.

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

Student Expectations

Attendance

Attendance and active participation in PHE 10 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 need to arrive on time for class. The class may be leaving Argyle school grounds when class begins.

Equipment/Materials needed

Students are expected to have appropriate athletic attire for each class. This can be shorts/track-pants and a T-shirt/sweatshirt along with appropriate footwear such as running shoes/cross-trainers. Students must wear appropriate clothing for the weather, including 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.

Assessment

Will be made in the following curricular competencies: Physical Literacy, Healthy and active living, Social and community health, Mental Well Being.

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, walking, or biking in the community. It is the student's responsibility to transport themselves to these locations. Please note, carpooling is not recommended by the NVSD.

Please complete the "Walking Field Trip" form located on your school Cash Online account.

Please read the Informed Consent (*Located on the Programs and Services/Physical Education section of the website*), then sign and return the attached *INFORMED CONSENT APPROVAL* form.
