

Physical and Health Education 10 Course Outline

Teacher: Mr. Mah (smah@sd44.ca)

Philosophy:

Physical and Health Education (PHE) 10 aims to empower all learners to enhance their quality of life through active living. Class activities are designed to further develop the fundamental movement skills and strategies necessary to participate in a variety of sports and games. Health classes will explore topics related to healthy decision making, mental health, and social and community health. PHE classes will explore indoor and outdoor activities. Students are required to be prepared to participate in ALL indoor and outdoor activities each day, *regardless of weather conditions*. Student engagement is essential to success. Each student must regularly attend, demonstrate a willingness to learn, demonstrate their highest level of ability, and complete all assignments.

Core Competencies:

- Communication, thinking, and personal/social responsibility

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 PHE 10 curricula is available on the BC Ministry of Education website.

Student Expectations

Attendance

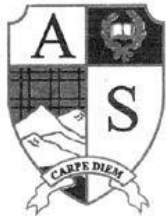
The course will take place from September to the end of January. Attendance and active participation in all class activities is required. A note may be required upon returning to class for missed PHE classes and only absences of illness, medical appointments, school functions and other unavoidable reasons are considered excused absences. Students need to ensure that parents/guardians contact the school regarding absences. Students are expected to communicate via MS Teams if they will miss any class.

Punctuality

Students should be in PE 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 breathable 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 should bring a refillable water bottle to class everyday.



ÉCOLE SECONDAIRE ARGYLE SECONDARY SCHOOL

1131 Frederick Road, North Vancouver, B.C. V7K 1J3 Tel: (604) 903-3300 FAX: (604) 903-3301

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 with them in class, unless the teacher has specified otherwise (for example, on a day when students need a device to fill in something online). Cell phones should be locked in lockers to prevent theft or damage during PHE activities.

Assessment

Will be made in the following curricular competencies: Physical Literacy, Healthy and Active living, Personal and Social Responsibility, Social and Community Health, and Mental Health. Evaluation may include assignments, self-assessments, 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:

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