



HANDSWORTH SECONDARY SCHOOL

Physical and Health Education 10: COURSE OUTLINE

Course Description: Physical and Health Education 10 is the final year of Physical and Health Education. Students will conclude the year with a holistic understanding of health and well-being. Students will have worked all year long to develop knowledge, skills and the mindset to remain physically active over their lifetimes. Students will also continue to study the non-physical aspects of the course – social and mental well-being, individuality, and health.

Course Syllabus:

Curricular Competencies	<i>There are four curricular organizers for PE and Health 8. These are the focus of the course and provide guidance for the course content.</i>	
	Physical Literacy	This area focuses on students acquiring the knowledge, skills, and mindsets that will enable them to successfully participate in a wide range of physical activities.
	Healthy and Active Living	This area focuses on various aspects of developing a healthy lifestyle, both in and out of school, including healthy eating, daily physical activity, and healthy choices that influence health and well-being.
	Social and Community Health	The overall health and safety of ourselves and others is directly influenced by our surroundings, including the physical environment and interpersonal relationships. Focusing on the reciprocal relationship between individual and community health enables students to develop an understanding of how we as individuals can influence, and be influenced by, the health of others and the community.
	Mental Well-Being	This area enables students to learn about the many factors in our lives that influence our mental well-being, including our sense of self, our relationships with others, and how we might cope with the many changes we experience throughout our lives. Additionally, students will explore various pressures and influences on mental well-being while learning about strategies to promote mental well-being for themselves and others.
Content	<i>What the students will know:</i> <ul style="list-style-type: none">• proper technique for fundamental movement skills including• non-locomotor, locomotor, and manipulative skills• movement concepts and strategies• ways to monitor and adjust physical exertion levels	

	<ul style="list-style-type: none"> • how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games • training principles to enhance personal fitness levels, including the FITT principle, SAID principle, and specificity • effects of different types of physical activity on the body • healthy sexual decision making • potential short- and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines • sources of health information • basic principles for responding to emergencies • strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings • influences of physical, emotional, and social changes on identities • and relationships
<p style="text-align: center;">Summative Assessments</p> <p style="text-align: center;">BIG IDEAS</p>	<p><i>This course is organized and taught under the direction of the Ministry of Education’s Big Ideas. These are statements which support learning for deeper understanding and skill transfer.</i></p> <ul style="list-style-type: none"> • 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

Course Expectations:

To succeed in Physical and Health Education 10, students are expected to:

- Participate in class activities to the best of their ability
- Engage in a meaningful manner within the class
- Be a respectful learner
- Maintain regular and consistent attendance
 - A valid reason for all out of school absences
 - Students may be required to make up missed class time or do a written assignment.

Assessment:

Students will be assessed on a per unit basis based on skill and knowledge, personal and social responsibility, unit engagement and understanding and demonstration of the course content.