

Welcome to Physical and Health Education 10

Welcome! Please read this document carefully prior to beginning the coursework.

Congratulations on deciding to complete this course through Distributed Learning! Distributed Learning (DL) is a unique learning opportunity. It takes place when a student is primarily at a distance from the teacher. It is a method of instruction that relies primarily on indirect communication between students and teachers, including internet or other electronic-based delivery.

Requirement: Regular access to a computer and internet; assignments are accessed and submitted online.

- **Initial Assignment:** Access given once the completed registration is submitted.
- **Course work:** Once the completed initial assignment is emailed to the teacher, students are given access to the course work in Desire 2 Learn (D2L) our online learning management system. The website is <https://d2l.sd61.bc.ca/>. Your username is your district student ID, and your password is the same you use for your district account.

Student Responsibilities:

- To complete all assignments to the best of their ability (partially completed assignments will not be accepted)
- To complete assignments in the order in which they are assigned, unless given written instruction otherwise
- To review the feedback given on assessed assignments and complete corrections as required
- To maintain regular contact with teachers
- To work within mutually agreed upon timeframes
- To ask for help and clarification when needed



PHE 10 Curriculum

- Physical and Health Education 10 is a course that is required for graduation in British Columbia. A complete list of prescribed learning outcomes for this course can be found at the Ministry of BC website: <https://curriculum.gov.bc.ca/curriculum/physical-health-education/10/courses>
- The Physical and Health Education (PHE) curriculum aims to empower students to develop a personalized understanding of what healthy living means.
- Physical and Health Education (PHE) is designed to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy citizens throughout their lives.
- Learning Standards: Curricular Competencies: Physical Literacy; Health and active living; Social and community health: Mental Well-Being

The Physical and Health Education 10 course is guided by 5 Big Ideas

| UNDERSTANDING | TRYING | CHOICES | FITNESS | FACTORS |
|---|--|---|---|---|
| Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals | Trying a variety of physical activities can increase our chances of being 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. | Understanding the factors that influence our health empowers us to take action to improve it. |



The Link: Physical and Health Education 10 course is divided into the following units of study:

Physical Education: Course Percentage: 60%

- Participation in a minimum of 70 hours of physical activity in the activity categories of individual and dual activities, games activities and rhythmic movement activities.
- Written work: Tracking your participation in physical activity, and reflecting on related physical and health education topics.

Health Education: Course Percentage: 40%

(assignments and quizzes)

| | |
|-----------------------|--------------------|
| Healthy Living | Health Information |
| Healthy Relationships | Let's Talk Sex |
| Healthy Schools | Risky Behaviour |

The health education section deals with subject matter that may be sensitive to some learners. If any assignments or topics make you uncomfortable, please contact the instructor to discuss alternative topics or assignments. Some readings or viewings may include frank language and/or swearing. If this is not an option for you, please contact your instructor.

