

COURSE: Physical & Health Education 8 (PHE08)

INSTRUCTOR

Rod Peters
rpeters@sd22.bc.ca

RECOMMENDED PRE-REQUISITES

n/a

CREDITS

n/a

OVERVIEW

The Big Ideas, Content, and Curricular Competencies for this course can be found here: [Physical & Health Education 8](#)

Ministry of Education

BIG IDEAS

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.

Physical and Health Education 8 combines physical activity and health education to help students develop both physical and mental health. Key topics include engaging in a variety of physical activities, building healthy relationships, and preventing themselves or others from experiencing bullying or harassment.

This course will have students work through the following material and concepts:

- Develop and apply fundamental movement skills in a variety of physical activities and environments at home and in the community
- Understand safety, fair play, and leadership in physical activities
- Participate daily and identify preferred types of physical activity
- Propose healthy choices that support lifelong health and well-being
- Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Analyze strategies for responding to discrimination, stereotyping, and bullying
- Propose strategies for developing and maintaining healthy relationships
- Analyze strategies for promoting mental well-being, for self and others
- Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence
- Explore and describe factors that shape personal identities, including social and cultural factors

ASSESSMENT

Students will have the opportunity to demonstrate their learning through a variety of means such as interviews, presentations, tests, quizzes, reflections, learning guides, and written assignments. Student growth and progress will be shared and communicated using the Provincial Proficiency Scale.

COURSE: Physical & Health Education 8 (PHE08)

	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
The Provincial Proficiency Scale	The student demonstrates an initial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a partial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a complete understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a sophisticated understanding of the concepts and competencies relevant to the expected learning.

REGISTRATION

Please note – vLearn is a District Online School and can only serve students in the SD22 Catchment Area. Grade 8/9 students need approval from their home school administrator to take courses with vLearn. Please use your SD22 email address to register (000000@sd22.bc.ca)



[Click HERE to register](#)