

COURSE: Physical & Health Education 10 (PHED10)

INSTRUCTOR	RECOMMENDED PRE-REQUISITES	CREDITS
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OVERVIEW

The Big Ideas, Content, and Curricular Competencies for this course can be found here: [Physical & Health Education 10](#)

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.

Physical & Health Education 10 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 contains 5 units (sections) for you to cover.

The first is 'What's the Big Idea' which outlines the Big Ideas in this course plus the first 2 assignments on Goal Setting and Active Living.

The Second section is worth the most marks and consists of Logging your Activity hours. Every student is required to log a minimum of 80 hours of acceptable activity over 8 logs. Read the log instructions carefully, use the provided log template and make sure you work toward doing a variety of activities. Your mark will be highest when all columns of the chart are covered through the activities that you participate in.

Section three is Physical Literacy including fitness principles and healthy nutrition.

Section four is on Mental Well Being including Stress, Who you are, Drugs and Alcohol and Healthy Sexual Decision Making.

ASSESSMENT

Students will have the opportunity to demonstrate their learning through a variety of means such as: research, Discussion Forums, and Assignments that showcase their understanding of the Curricular objectives.

Activity Logs	60%
Presentation	10%
Quizzes and Assignments	30%

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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)



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