

COURSE: Active Living 11 (ACLV11)

INSTRUCTOR

Glen Stiven
gstiven@sd22.bc.ca

RECOMMENDED PRE-REQUISITES

Physical & Health Education 10

CREDITS

4

OVERVIEW

The Big Ideas, Content, and Curricular Competencies for this course can be found here: [Active Living 11](#)

Big Ideas

Physical activity is an important part of overall health and well-being.

Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity.

Safety and injury prevention practices allow lifelong participation in physical activities.

Course Layout:

This course contains 3 main areas for you to cover. Topic 1 is weighted the highest and is essential for you to start right away. Topic 1 is the tracking of your Phys Ed self-directed activity hours. Read the instructions carefully and make sure you work toward a variety of activities from the chart of acceptable activities. Your mark will be highest when all columns of the chart are covered through the activities you participate in. Topic 2 is a series of 3 presentation assignments. These assignments include a presentation on active living, a presentation on a biography of an Indigenous Athlete, and a presentation on an activity of your choice. Topic 3 is an online discussion forum where students communicate with other students and post fitness resources and links for everyone's benefit.

ASSESSMENT

Your grade for the course will be calculated as follows:

Activity Reflections	40%
Presentation Assignments	40%
Peer Communication	20%

You need to verify your activity with the following two methods:

1. Photos of yourself being active-I know it can feel a little weird having someone take shots of you being active. Keep in mind that these photos are used to justify credit for PE activity. Think of the shots as proof of your being active. The shots can be of you signing into the gym or conquering the top of the hill on a

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hike etc. We have had several opponents to online Phys. Ed. question; how do we know that the students are indeed doing what they say they are doing.

2. Guardian/Parent verification- Each log submission has an area for you to identify a parent or guardian that will legally verify your participation in the activities that you are claiming. Please include an email and/or phone number of your verifier. These individuals are usually contacted at least once during your time on the course.

Active Living can be a critical component in building an appreciation by students for a lifelong activity. Please help us maintain the integrity of this Online opportunity.

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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