

COURSE: Physical & Health Education 9 (PHE09)

INSTRUCTOR

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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 9](#)



Physical and Health Education 9 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.

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	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)



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