



## Physical and Health Education 10

### COURSE OUTLINE

#### Overview

Physical and Health Education is a required course for all students in BC. This course offered through Delta Access gives students an opportunity to take Physical and Health Education outside of the regular school timetable. This course is delivered entirely online, there are no supervised tests for this course.

PHE 10 is based on five Big Ideas, Understanding, Trying, Choices, Fitness, and Factors. The course is split into 4 units, Healthy Active Living, Physical Literacy, Mental Well Being, and Social and Community Health. Students will learn about the long-term benefits of leading a healthy and active lifestyle. Each unit consists of lessons, assignments, quizzes, and physical activity logs. Within each unit students are required to complete 20 hours of physical activity, completing a total of 80 hours over the course of the four units.

**Prerequisites:** None

#### Course Content and Timelines

The timelines suggested are based on a 10 month Fall course September to June. If you are taking a Spring/Summer course (5 months) or joining a course with less time left you will want to adjust your timing accordingly

**Unit 1: Healthy Active Living (September to mid-November – about 10 weeks)**

**Unit 2: Physical Literacy (Mid-November to end of January – about 10 weeks)**

**Unit 3: Mental Well Being (February to mid-April about 10 weeks)**

## **Unit 4: Social and Community Health (mid-April to mid-June about 8 weeks)**

### **Course Materials**

No textbook is required. Course content is delivered on our Moodle platform.

### **Assessment Information**

<b>Physical Activity Logs Tracking and Reflection</b>	<b>60%</b>
<b>Assignments/Tests/Quizzes</b>	<b>40%</b>

### **Assignments**

All units contain one or multiple assignments within the lesson. All instructions for the assignments are contained within the lessons along with information on how they will be assessed. Once the assignments are complete they are uploaded to the assignment submission box for marking.

### **Quizzes**

The quizzes are designed as a self assessment for students to demonstrate understanding of the course content and curricular objectives. These do not have passwords so you are free to write on your own and have multiple attempts to show mastery.

### **Activity Logs**

Activity Logs should be submitted on a weekly basis, using the Activity Log Template provided on the Moodle website. They are used to record the number of physical activity hours completed, students can submit a maximum of 15 hours per week. The activity logs are not actually marked, a student who completes 5 hours in a week will receive 5/15. This is NOT a mark but simply a way of tallying up the hours a student has completed. Once a student has completed the required 80 hours they will receive 100% for the activity log portion of the course.

### **Reflections**

Reflections should be completed and submitted with each activity log

### **Projects**

The final project will be an overview of the different aspects learned in the course, focusing on the five big ideas. Students will submit a presentation based on what they have learned during the course.

### **Reporting**

#### **Weekly Progress Reports**

These be sent to both students and parents through the Moodle website. These reports are sent via email and are based on information provided on course introduction forms. Please make sure your Moodle profile is up to date with this information to ensure these

are received. If you need assistance with this, please contact your teacher to help you make sure you are getting these reports.

### **Report Cards**

These will be issued for the Fall term in November, March and June. For Spring/Summer only a final report card will be issued in August. These reports are available for Delta School District students on student and parent connect. For those not attending one of our high schools please call our Continuing Education office 604-940-5550 to have a copy sent.

Only students who have done enough work to meet the activity requirement for the course will get report cards by the term deadlines outlined by their teachers. Even if you are getting progress reports you are not considered an active (official student) until this is met. For this course you must complete the Local Venues, Lifelong Activities, and the Benefits of Active living assignments. All three must be submitted and assessed for the activity requirement to be met.

Course reports are based on only what has been submitted for the Fall until April 1<sup>st</sup> and for the Spring/Summer until July 15<sup>th</sup>. At this time all missing assignments will count in grade calculations giving students a realistic picture of current course standings. It is important when viewing report cards and progress reports up until this point that the amount of the course completed is taking into consideration. (ie. 90% standing in a course that is only 10% complete is very different than 90% in a course that is 80% complete)

### **Plagiarism**

#### **Plagiarism and Academic Dishonesty**

*Plagiarism is the unauthorized use or close imitation of the language and thoughts of another author and the representation of them as one's own original work, as by not crediting the author (Dictionary.com) <http://dictionary.reference.com/browse/plagiarism>*

Plagiarism can be done either intentionally or accidentally. Regardless, it is an academic offence that carries with it varying levels of consequences – from a mark of zero for work submitted to expulsion from the course and/or on-line program. Plagiarism takes various forms: copying another's work, not citing another's original work, cutting and pasting from the internet and claiming the work as your own, allowing other students to copy and submit your work as their own, and so on. It is YOUR RESPONSIBILITY to be aware of the rules around using and citing other people's work.

An excellent website that answers questions about plagiarism can be found at:

<http://www.plagiarism.org/>

<http://www.grammarly.com/>

<http://www.englishclub.com/writing/plagiarism.htm>

<http://australianhelp.com/plagiarism>

If you are uncertain as to whether you may be plagiarizing someone's work, check with your teacher or consult the many websites that outline the rules.

If a student is found to have submitted plagiarized work, the Delta Access teacher will notify both the student and Delta Access administration to document the violation and to determine further consequences. Repeated occurrences of plagiarism will likely result in a final mark of "Failure" in the specific on-line course.

### **Contacting your Teacher**

You can email me anytime at [swhitenshaw@deltaschools.ca](mailto:swhitenshaw@deltaschools.ca)