



**Course:** Physical and Health 10

Hello, and welcome to Physical and Health Education 10. In the coming semester, we will be exploring these Big Ideas together to become safe, active and healthy citizens throughout our lives.

**Course Description:** Students will know:

- proper technique for movement skills
- movement concepts and strategies
- ways to monitor and adjust physical exertion levels
- health benefits of physical activities
- individual and dual activities, rhythmic activities, games, and outdoor activities
- training principles, including the FITT principle, SAID principle, and specificity
- healthy sexual decision making
- potential short- and long-term consequences of health decisions, including those involving physical activity, healthy eating, sleep routines, and technology
- sources of health information

**Big Ideas:** By the end of this course, students will understand:

- 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.

**Core Competencies:**

**Communication**

Students communicate with intention and purpose. They understand that communication can influence, entertain, teach, inspire, and help us make sense of the world and our experiences. They recognize the role the audience plays in constructing meaning, and they make strategic choices to help convey their messages and create their intended impact.

**Thinking**

Students apply critical, metacognitive, and reflective thinking in given situations, and relate this thinking to other experiences, using this process to identify ways to improve or adapt their approach to learning.

**Personal & Social**

Students who are personally aware and responsible take ownership of their choices and actions. They set goals, monitor progress, and understand their emotions, using that understanding to regulate actions and reactions. They are aware that learning involves patience and time.



**Assessment:**

Formative- 30%

- Warm-up and Cool-Down Demonstration
- Training Plan Research
- Sleep Diary Assignment
- Peer Assessment for Form
- Healthy Relationship Assignment
- Participation

Summative- 70%

- Fitness Plan
- Running Plan
- Psychoactive Substance and Use Research and Presentation
- Self-Reflection Assignment
- Student Leadership Assignment

With respects to the First People's Principles of Learning, students may be alternatively assessed in ways that people can display knowledge and subject mastery. The alternative assessment can be storytelling, art or other expressions of self, knowing and learning.

- Learning is embedded in memory, history, and story.
- Learning involves patience and time.
- Learning requires exploration of one 's identity.

**Expectations:**

- Be sure to check MyCC regularly for updates and announcements related to the course.
- Complete each assignment to the best of your ability and submit assignments on time
- Always exhibit responsible, cooperative, and respectable behavior
- Please be in appropriate clothes for exercising and athletic non-marking shoes

Week	Topics Covered	• Assignments
1-4 Unit 1 Fitness Training	<ul style="list-style-type: none"><li>• proper technique for movement skills</li><li>• movement concepts and strategies</li></ul>	<ul style="list-style-type: none"><li>• Training Plan Draft</li><li>• Training Station Circuits with Peer Assessment</li><li>• Training Plan</li></ul>
Week 5-7 Unit 2 Run Training	<ul style="list-style-type: none"><li>• strategies for goal-setting and self-motivation</li></ul>	<ul style="list-style-type: none"><li>• Find a Running App Assignment</li></ul>



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		<ul style="list-style-type: none"><li>• Running Technique Peer Assessment</li><li>• Running Plan</li><li>• Complete of a 10-km run</li></ul>
Week 8-10 Unit 3 Variety of Physical Activities	<ul style="list-style-type: none"><li>• individual and dual activities, rhythmic activities, games, and outdoor activities</li></ul>	<ul style="list-style-type: none"><li>• Peer Assessment of “MVP” after each game</li><li>• Leadership Project</li></ul>
Week 11-13 Unit 4 Mental Health	<ul style="list-style-type: none"><li>• healthy sexual decision making</li><li>• potential short- and long-term consequences of health decisions, including those involving physical activity, healthy eating, sleep routines, and technology</li><li>• sources of health information</li></ul>	<ul style="list-style-type: none"><li>• Sleep Diary</li><li>• Healthy Relationship Assignment</li></ul>