

Physical and Health Education 8 - Course Plan

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Big Ideas for PHE08:

- Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.
- Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.
- Healthy choices influence our physical, emotional, and mental well-being.
- Healthy relationships can help us lead rewarding and fulfilling lives.
- Advocating for the health and well-being of others connects us to our community.

The Course

The PHE08 online course consists of 4 units. Unit 1 involves logging your physical activity and learning how to set appropriate and effective goals (SMART Goal Setting). You will hand in 5 months of detailed Activity Charts. Each chart consists of 4 weeks of activity, plus your goal setting. Each month needs to show 20 hours of physical activity, for a total of 100 hours of physical activity by the end of the course.

Units 2, 3 and 4 contain the theory lessons and assignments. These units cover the big ideas of Healthy and Active Living, Social and Community Health, and Mental Well-Being.

There is NO required textbook for this course.

There are 2 required fitness assessments within this course. These tests must be completed at Cariboo Hill Secondary Small or Large Gym, 8580 16th Avenue, Burnaby, BC. Please contact your teacher to set up a testing time, sheri.delmaestro@burnabyschools.ca or observe the schedule posted in the course and contact the teacher.

The following is a list of activities within the course:

Unit 1

- Participation, Components of Fitness, Active Living
- Student Profile
- Fitness Assessment #1- to be completed near the beginning of your course
- Goal Setting Lesson/Assignment
- Month 1 – Active Lifestyle Charts
- Month 2 – Active Lifestyle Charts
- Month 3 – Active Lifestyle Charts
- Month 4 – Active Lifestyle Charts
- Month 5 – Active Lifestyle Charts
- Summary of your Active Lifestyle Plan
- Fitness Assessment #2 – to be completed near the end of your course

Unit 2

- Healthy Relationships Lesson
- Healthy Relationships Assignment
- Healthy Meal Plan
- Personal Lifestyle Assignment

Unit 3

- Fitness and Health Lesson
- Fitness and Health Assignment
- Flexibility Lesson
- Flexibility Assignment

Unit 4

- Safety Assignment
- Fair Play Assignment
- Summary of your Active Lifestyle Plan

BC Ministry of Education Learning Standards

Curricular Competencies

Students are expected to be able to do the following:

Physical Literacy

- Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments
- Develop and apply a variety of movement concepts and strategies in different physical activities
- Apply methods of monitoring and adjusting exertion levels in physical activity
- Develop and demonstrate safety, fair play, and leadership in physical activities
- Identify and describe preferred types of physical activity

Healthy and Active Living

- Participate daily in physical activity designed to enhance and maintain health components of fitness
- Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness
- Develop strategies for promoting healthy eating choices in different settings
- Assess factors that influence healthy choices and their potential health effects
- Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour
- Identify and apply strategies to pursue personal healthy-living goals
- Reflect on outcomes of personal healthy-living goals and assess strategies used

Social and Community Health

- 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

- Create strategies for promoting the health and well-being of the school and community

Mental Well-Being

- Describe and assess strategies for promoting mental well-being, for self and others
- Describe and assess strategies for managing problems related to mental well-being and substance use, for others
- Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence
- Explore and describe the impact of transition and change on identities

How will your mark be calculated?

Activity Charts/Goals	40%
Fitness Assessments	10%
Assignments	50%

Student Expectations:

- Contact the teacher by instant messaging, email or phone when help is needed or questions arise
- Be actively engaged and submitting work on a regular basis
- Inform the teacher when they will be inactive for two or more weeks.
- Be aware that if they are inactive (not submitting work) in a course for four or more weeks they may be removed from that course
- Actively participate and record physical activity as laid out in the course
- Check their email at least twice a week
- Cite all sources properly
- Answer in their own words
- Make time to come in to Burnaby Online to complete fitness assessments.
- Make appointments for fitness assessments at least 2 school days in advance.