

PHYSICAL EDUCATION

PHYSICAL EDUCATION - PE10F

Physical Education 10F is a single credit course offered at the Senior High level which is a required course for graduation. The intent of the 10F course is to help Senior Years students develop the necessary skills for lifelong physical activity participation and to provide students with the necessary knowledge to assist them in making appropriate decisions regarding the health issues facing the youth today. The skills acquired in this course are based on the fourteen basic movement skills and the five personal and social management skills in a combined and integrated approach blending physical education and health education together.

PHYSICAL EDUCATION - PE20F

Physical Education 20F is a single credit course offered at the Senior High level which is a required course for graduation. The intent of the 20F course is to help Senior Years students develop the necessary skills for lifelong physical activity participation and to provide students with the necessary knowledge to assist them in making appropriate decisions regarding the health issues facing the youth today. Topics such as Fitness Management, Goal Setting, Cooperation, Time Management, and a myriad of physical and health related skills are taught under the five General Learning Outcomes of Movement, Fitness, Safety, Personal and Social Management and Healthy Lifestyle practices.

PHYSICAL EDUCATION - PE30F

This compulsory full-credit course is designed to help youth take greater ownership of their own physical fitness, to encourage them to seek out activities that interest them, and to engage in active lifestyles. Students will study topics related to fitness management, mental health, substance use and abuse = prevention, and the social impact of sport. The focus of this content will be on health and personal planning. These topics will make up the core 25% on-line component of the course content. Students will be required to develop and implement the remaining 75% of the course on their own time in a personal physical activity plan as part of the physical activity practicum. Students will be introduced to safety and risk management planning to minimize the associated risks of the activities they have chosen.

As part of earning a credit for this course, students will be required to submit a personal fitness portfolio containing elements such as a fitness plan, physical activity log, or journal entries. Students will be graded for completion of the course with a Complete or Incomplete designation. In some schools they will have an actual class where students can take PE30F. In these cases the student will do the same type of activities, but the instructor will be responsible for setting up the program as is the case with any other in-school Phys. Ed. Class. Please see the individual school programs to see how each school is offering this course. These schools will offer the out-of-school model as well and students will be responsible for choosing the method they prefer. Students who are already involved in school sport or community sport should likely take the out-of-school model as these sports qualify for the out-of-school physical activity practicum.

PHYSICAL EDUCATION - PE40F

This compulsory full-credit course is designed to help youth take greater ownership of their own physical fitness, to encourage them to seek out activities that interest them, and to engage in active lifestyles into their futures. Students will study topics related to fitness management, nutrition, sexual health, social/emotional health, and personal development. The focus of this content will be on health and personal planning. These topics will make up the core 25% on-line component of the course content. For the remaining 75% of the course, students will be required to develop and implement, on their own time, a personal physical activity plan as part of a physical activity practicum. As part of earning a credit for this course, students will be required to submit a personal fitness portfolio containing elements such as a fitness plan, physical activity log, or journal entries. The Department of Education requires that students receive a Complete or Incomplete designation.

NOTE: Both PE30F and PE40F will require parents/guardians to review the student's physical activity plan and sign a Parent Declaration and Consent Form acknowledging their approval of the chosen activities and acceptance of the responsibility for risk management, safety, and supervision.

Parents/guardians will also be required to verify the entries of

the student's physical activity log through a sign-off procedure. In some schools they will have an actual class where students can take PE30F. In these cases the student will do the same type of activities but the instructor will be responsible for setting up the program as is the case with any other in-school Phys. Ed. Class. Please see the individual school programs to see how each school is offering this course. These schools will offer the out-of-school model as well and students will be responsible for choosing the method they prefer. Students who are already involved in school sport or community sport should likely take the out-of-school model as these sports qualify for the out-of-school physical activity practicum.

PHYSICAL RECREATIONAL LEADERSHIP - PL31G

This course is designed for students specifically in Grade 11 wishing to continue with physical activity, recreational fun and fitness.

PHYSICAL RECREATIONAL LEADERSHIP - PL41G

This course is designed for the students who have successfully completed the PL31G course and who wish to continue in physical education for additional fitness and recreation. The students are expected to take on a visible leadership role within the school or community.