



Physical and Health Education Course Outline

Course Layout: The course is broken down into units and organized as follows:

Unit One: Physical Literacy
Unit Two: Health and Active Living
Unit Three: Social and Community Health
Unit Four: Mental Well-Being

Grading: Your grade for this course will be calculated as follows:

Item	Weight
Physical Literacy and Daily Physical Education Journals	35%
Unit One Assignments and Quizzes	5%
Unit Two Assignments and Quizzes	20%
Unit Three Assignments and Quizzes	25%
Unit Four Assignments and Quizzes	15%

How To Submit Assignments:

Submitting assignments in an online course is easy! Each assignment and each month's *Physical Literacy and Daily Physical Activity Journal* has a "drop-box" built into the course.

Submission Options:

- Save on your computer to submit in the course dropbox.
- If completed on paper, scan it as one big **.pdf** file (best idea)
- Drop off at school or send by regular mail (also a great idea, but more difficult to return)
- Scan it as multiple JPEGs and put them into a single WORD document to submit online. Do not send each JPEG as a separate item.
- If no other way works, pull out your phone and take pictures. Make them good, clear pictures; then embed them all into a single word document. Do not send each JPEG as a separate item.

Resources: There is NO textbook required for this course. In order to develop movement skills, access to some equipment is recommended.

- a ball that you can kick, pass, shoot, and dribble with your feet
- a ball (like a basketball or similar-sized ball) that you can bounce/dribble, shoot, and pass
- something you can strike a ball with (badminton racquet, tennis racquet, bat)
- a home facilitator or someone else to practise skills with is ideal!

Key to Success: Set a schedule so that you are working on physical and health consistently, including physical literacy skills (formerly called physical education), daily physical activity, and online coursework. There should be no big gaps with the hope of catching up. This is VERY important! Sticking to a schedule is key for doing well.