



Physical Education 10 Outline

Introduction:

Physical Education 10 is a mandatory course for students working on the 80 Credit Dogwood.

Teacher:

For more information contact Bryan Onstad bonstad@sd40.bc.ca or <http://www.VirtualSchoolBC.com>

Pre-requisites:

- Computer skills
- Grade 10 level English skills
- The ability to engage in fitness related activities.

Structure:

PE 10 has 3 units:

1. Active Living

- a. Involves theoretical readings and exercises including nutrition, activity programs, warmup, First Aid, your body, community programs, and choices

2. Movement

- a. Includes activity logs
- b. DPA (Daily Physical Activity) must be agreed to by teacher and proven using tracking and signatures. It can include community sports, fitness, or personal fitness that is signed off by an adult.

3. Personal and Social Responsibility

- a. Includes safety, self-confidence, etiquette, leadership and careers

The movement portion of the course will run concurrently with the other 2 units.

Assignments and Tests:

The majority of this course is project based in nature. There are approximately 15 exercises worth 50% of mark and 50% based on DPA.

Cheating and Plagiarism:

This course has zero tolerance for cheating and for plagiarism.

Textbook:

All information for this course is online. There is no textbook required.