

Physical and Health Education 10

Learning Outcomes: The activities in this course are based on the core competencies and curricular competencies as provided by the Ministry of Education of BC. The goal of this course is to provide you with the necessary skills and resources to lead a healthy and active lifestyle well into adulthood.

View the complete Ministry of Education learning outcomes for this course: [Physical/Health Education 10](#)

Resources: All resources are provided within the course. Students will need good access to the Internet and will be required to use online tools.

Communication: Assignments and Activity Logbooks are submitted directly through your course using the .docx files. Constant communication with your teacher is key to success in a DL course. Phone or email or message your teacher for help whenever necessary.

Goal Setting: This course is self-paced and self-directed. Students should plan on working 5-6 hours a week on this course. It is highly recommended that the student creates a calendar of monthly, weekly and even daily goals. Contact your teacher if help is needed doing this.

Unit 1: Plan of Action & Self-Reflection

Unit 2: Healthy & Active Lifestyle

Unit 3: First Aid

Assessment

This 4-credit course will be broken down as follows:

- **Unit 1 – 10%** of the overall grade.
- **Unit 2 – 10%** of the overall grade.
- **Unit 3 – 10%** of the overall grade.
- **Unit 4 – 10%** of the overall grade.

Activity Logbooks – 10% of the overall grade.

Online Lessons – 50% of the overall grade.