



Course: Physical Health and Education 10

Teacher:
email:

Course Layout:

UNIT	TOPIC
1	Healthy Living
2	Physical Literacy
3	Mental Health
4	Social Health

Grading:

ITEM	WEIGHT
ACTIVITY LOGS	50 %
ASSIGNMENTS	30 %
QUIZZES	20

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.

Activity Logs:

A major component of this course is a student's individual activity log and progress. For Physical Health and Education 10 you must collect

- a total of **80 hours**
- **at least 3 different** types of activities
- **no more than 30 hours** of any one activity.

Assignments/Projects:

Projects and Assignments are incorporated into the PE 10 course to help a student further explore the required learning outcomes beyond physical fitness hours. Rubrics are included with each assignment and should be reviewed prior to starting any activity. A student is welcome to reach out for help or clarification to their course teacher at any time.



Course: Physical Health and Education 10

Teacher:
email:

Exam Supervision:

Quizzes can be done on your own (not supervised).

Resources:

No textbook is required, as all required material is included. If you have any questions regarding a concept covered in this course, please reach out via email.

Completion Policy:

Students have 30 days to complete the initial assignment (also known as the substantive assignment). If a student fails to submit work within 30 days they may be withdrawn from the course. If for some reason you have not started the course within this timeframe but wish to remain in the course, please reach out to your teacher to communicate your learning plan.

Once enrolled students have up to 1 year to complete their course.

Transcript and Reporting:

For information regarding transcripts or reporting documentation please contact Elise Lambert at elambert@sd48.bc.ca