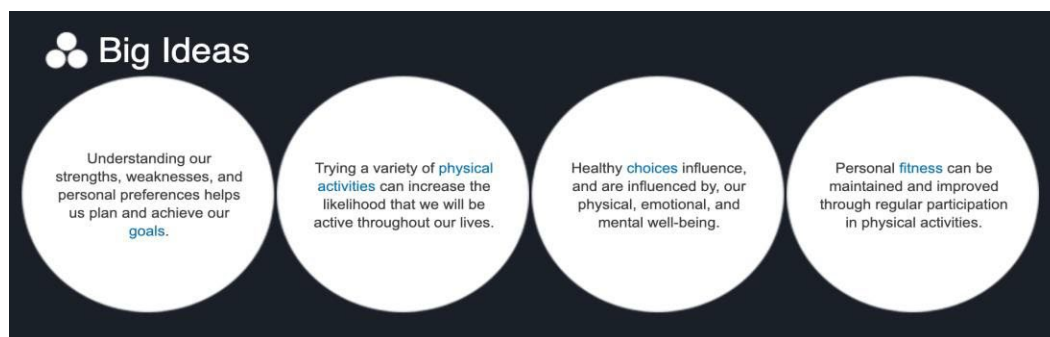


École Panorama Ridge Secondary

Grade 10 Course Outline & Policies

The Big Ideas PHE Gr 10



Evaluation:

- 60% Physical Literacy
- 20% Active Living
- 20% Health (Social and Community Health, Mental well-being).

Physical Literacy (60%) and Active Living (20%):

Refine and apply movement skills in a variety of physical activities and environments	Apply and refine movement concepts and strategies in different physical activities	Apply methods of monitoring and adjusting exertion levels in physical activity
Demonstrate safety, fair play, and leadership in physical activities	Identify and participate in preferred types of physical activity	Identify and explain motivational factors influencing participation in physical activities

Assessment examples (may vary teacher to teacher):

- -Daily participation mark /10, Unit participation mark, self-assessment, journals, Fitness testing, 2-3 lap school run /10

Health (20%): Social Health, Community Health, Mental Health

- Participate in physical activities designed to enhance and maintain **health components of fitness**
- Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in physical activities
- Plan ways to overcome potential **barriers** to participation in physical activities
- Analyze and explain how **health messages** might influence health and well-being
- Identify and apply strategies to pursue personal healthy-living goals

- Reflect on outcomes of personal healthy-living goals and assess the effectiveness of various strategies
- Analyze how health-related decisions support the achievement of personal healthy-living goals
- Propose strategies for **avoiding and responding** to potentially unsafe, abusive, or exploitative situations
- Analyze strategies for **responding** to discrimination, stereotyping, and bullying
- Develop **skills** for maintaining healthy relationships and responding to interpersonal conflict
- Analyze the potential effects of **social influences** on health

Mental well-being

- Evaluate and explain strategies for **promoting mental well-being**
- Explore **factors** contributing to substance use
- Create and evaluate strategies for managing physical, emotional, and social **changes** during puberty and adolescence
- Explore and describe factors that shape **personal identities**, including social and cultural factors
- Describe the relationships between physical activities, mental well-being, and overall health

Assessment examples (vary teacher to teacher):

- *Guest speaker, journals, nutrition log, reflection*

PROFICIENCY SCALE

4 POINT SCALE/ NUMERICAL EQUIVALENT	EMERGING 1-5	DEVELOPING 6	PROFICIENT 7-8	EXTENDING 9-10
LETTER GRADE	C-	C, C+	B	A

<p>Extending = 9 -10 In PE strip, on time, AWESOME attitude and participation, on task, STRONG consistent effort, respects peers and teacher, <u>offers to help with equipment and demonstrates LEADERSHIP.</u></p>	<p>Proficient = 7-8 In PE strip, on time, GOOD attitude and participation, on task, STRONG consistent effort, respects peers and teacher, <u>offers to help with equipment.</u></p>
<p>Developing = 6 In PE strip, on time, GOOD attitude and participation, on task, good consistent effort and respects peers and teachers.</p>	<p>Emerging = 1-5 Is late for class, not in full gym strip, negative attitude towards activities and fellow athletes, displays disruptive and disrespectful behaviour or puts out minimal effort. Is absent or truant.</p>

****Please review the PHE Policy found on the PHE 8-10 PowerPoint Presentation****