



Windsor Physical and Health Education 10

Course Outline

The learning standards of Physical and Health Education (PHE) 10 are designed to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy throughout their lives. PHE curriculum focuses on competencies that support life-long learning. An underlying principle of the PHE curriculum is that students must be active in creating, assessing, and applying what they learn to their daily lives.

Big Ideas:

- Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals.
- Trying a variety of physical activities can increase the likelihood that we will be active throughout our lives.
- Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being.
- Personal fitness can be maintained and improved through regular participation in physical activities.

These Big Ideas provide focus areas and themes for our course and help explain some of the reasons why Physical and Health Education is important. At the heart of our course are the questions:

- “What can we do to be physically active, and why is this important?”
- “How do we interact with others during physical activity?”
- “What is healthy living?”

To explore these questions, we practice skills and processes called Competencies, of which there are 4:

- Physical Literacy
- Health and Active Living
- Social and Community Health
- Mental Well-being

For more information about the competencies, visit: [Building Student Success - B.C. Curriculum](#).

Course Expectations:

Students will be active participants in every class while striving for the following:

- **Mutual respect** – Treat students, teachers, and the learning space with respect, ensuring a safe environment for all.



- **Effort and engagement** – Take responsibility for your actions, come prepared to participate in proper PE attire, maintain consistent attendance, and demonstrate a willingness to work hard and meet deadlines.
- **Leadership** – Take initiative to include others, assist classmates, and help set up and clean up equipment.

Assessment:

Students will be assessed according to the Provincial Proficiency Scale:

- Involves both **teacher and student** in a process of reflection and review concerning progress.
- Incorporates both **teacher assessment and student self-assessment/goal setting**.
- Provides students with feedback on their own achievements and encourages them to reflect on ways to continue improving their personal health and fitness goals.
- Data will be gathered and used to calculate interim and final grades each semester.

Policies and Procedures:

- **Lockers:** are available to PHE students to secure their belongings—please provide your own lock.
- **PE Clothing:** Students must wear appropriate athletic clothing, including shoes, to participate safely in PE classes. Students will not be permitted to participate without this clothing.
- **Absences:** from class must be reported through the school attendance system. Students with a significant number of absences may be assigned a grade of “IE” (Insufficient Evidence) if they have not participated in enough classes to be assessed.
- **Medical Exemptions:** Students must provide a signed note from their parent/guardian. If appropriate, students are expected to attend class and contribute in other ways.

Contact Information:

Teacher: Moreau (they/them)

Microsoft Teams: AV Moreau

Teacher Email: amoreau@sd44.ca

Tutorial Hours: By Appointment

This course encourages students to explore physical activities, develop personal fitness goals, and build skills for lifelong health and well-being.