



Prince of Wales Secondary School

PHYSICAL & HEALTH EDUCATION 8 & 9

We would like to begin by acknowledging that the land on which we gather is the unceded territory of the Coast Salish Peoples, including the territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), Stó:lō and Səlílwətaʔ/Selilwiltulh (Tseilwaututh) Nations.

Teachers:

Ms. L. Mak
Ms. C. Guraliuk
Mr. B. Lubinizki
Mr. N. Sung

Course Overview:

The Physical and Health Education (PHE) curriculum aims to empower students to develop a personalized understanding of what healthy living means. Physical and Health Education (PHE) is designed to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy citizens throughout their lives. PHE emerges from two areas of learning, *physical education*, and *health education*, that are brought together in order to promote and develop all aspects of well-being.

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Course Goals:

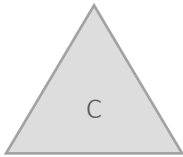
Students are expected to:

- develop an understanding of the many aspects of well-being, including physical, mental, and social
- develop the movement knowledge, skills, and understandings needed for lifelong participation in a range of physical activities
- develop knowledge, skills, and strategies for building respectful relationships, positive self-identity, self-determination, and mental well-being
- demonstrate the knowledge, skills, and strategies needed to make informed decisions that support personal and community health and safety

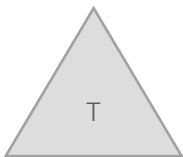
<https://curriculum.gov.bc.ca/curriculum/physical-health-education>

<https://curriculum.gov.bc.ca/curriculum/physical-health-education/core/goals-and-rationale>

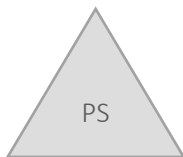
Core Competencies:



Communication



Thinking



Personal & Social

Big Ideas:

Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.

Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.

Healthy choices influence our physical, emotional, and mental well-being.

Healthy relationships can help us lead rewarding and fulfilling lives.

Advocating for the health and well-being of others connects us to our community.

<https://curriculum.gov.bc.ca/curriculum/physical-health-education/8>

Assessment & Evaluation:

- Assessment is on-going and self-reflective in nature. Reporting will be cumulative.
- Students are encouraged to become self-aware of their strengths and will be supported by the teacher in recognizing and meeting their challenges.
- The proficiency scale will be used in assessment & evaluation of 1) *physical literacy*, 2) *healthy & active living*, 3) *social & community health*, and 4) *mental well-being*.

THE PROFICIENCY SCALE

BEGINNING (EMERGING)	DEVELOPING	APPLYING (PROFICIENT)	EXTENDING
The student demonstrates an <i>initial</i> understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a <i>partial</i> understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a <i>complete</i> understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a <i>sophisticated</i> understanding of the concepts and competencies relevant to the expected learning.
"I am just getting started"	"I get some of it"	"I get it"	"I get it and go beyond what is expected"

PHYSICAL LITERACY - PHE Activities

INDOOR		OUTDOOR	
Active Health Volleyball Aerobic & Strength Training Weight Training Table Tennis Yoga	Dance Pickleball & Badminton Inventive Games Swimming Minor Games Gymnastics	Orienteering Outdoor Education Team Building Activities Territorial Games Pickleball & Tennis Ultimate	Track & Field Minor Games Inventive Games Soccer Kickball/Softball Swimming
<p><i>*Activities will vary by teacher, and are often dependant on weather, facilities, and class composition</i></p> <p><i>The course is now approximately 20 weeks in length and will include face-to-face instruction and Microsoft TEAMS learning opportunities.</i></p>			
The Prince of Wales PHE staff will inform you in writing of any <u>field trips</u> or <u>workshops</u> and any accompanying fees associated with these activities.			

HEALTH EDUCATION - Health Units

Healthy and Active Living	Social and Community Health	Mental Well-Being
<ul style="list-style-type: none"> • Healthy components of fitness • Healthy eating choices • Health messaging in the media • Goal setting and life-long fitness 	<ul style="list-style-type: none"> • Unsafe and exploitative relationship avoidance • Bullying and discrimination • Healthy relationships • Personal and community well-being • Healthy sexual decision making • First Aid and CPR 	<ul style="list-style-type: none"> • Mental well-being strategies • Substance abuse • Managing physical, emotional, and social changes • Personal identity

Equipment & Materials – PE Strip, Lockers & Personal Belongings:

Please ensure that students have appropriate PE strip on when they attend class. ***Students are expected to come to class appropriately dressed for the weather and activity of the day.*** For face-to-face class, we would like students to wear comfortable athletic clothing, socks, and proper running shoes.

There will be access to the changerooms and lockers in the gym area. Students will be allowed to use the lockers in the changerooms. Therefore, personal belongings will need to be placed securely in a locked changeroom locker. PHE Teachers will be discussing the details of this protocol at the beginning of this course.

Participation:

We ask that they come to class every day with an open mind and willingness to participate. The PW PHE staff pride ourselves in designing a diverse, fun, and challenging environment, and we are confident that students will find the majority of PHE highly enjoyable.

Illness & Injury:

If your child is ill, please be considerate of others and keep the student at home until properly rested and recovered for a return to class. In the unfortunate incidence of a significant injury, **students should have an assessment from a physician or physiotherapist with a timeline for a return to activity.** In the event of major long-term injury/illness, arrangements may be made with the teacher regarding alternate learning activities. Student welfare is our utmost concern, and if there are extenuating or family circumstances compounding recovery time or hindering attendance, the teacher &/or counsellor will need to be informed immediately.