



Physical and Health Education 10 Course Outline

Course Layout: *The course is broken down into units and organized as follows:*

Unit 1: Healthy Living
Unit 2: Physical Literacy
Unit 3: Mental Health
Unit 4: Social Health
Unit 5: Project

Grading: Your grade for this course will be calculated as follows:

Item	Weight
Assignments & Quizzes	40%
Final PHED10 Project	10%
Physical Activity Hours & Reflections	50%

How To Submit Assignments:

Submitting assignments in an online course is easy! Each assignment and each month's *Physical Literacy and Daily Physical Activity Journal* has a "drop-box" build into the course.

Resources: There is NO textbook required for this course. In order to develop movement skills, access to some recreational equipment is recommended.

Key to Success: Set a schedule so that you are working on physical and health consistently, including physical literacy skills (formerly called physical education), daily physical activity, and online coursework. There should be no big gaps with the hope of catching up. This is VERY important! Sticking to a schedule is key for doing well.