

## **PE 10 SW Course Outline (February 2018)**

1. Active Living Booklet: (receive this assignment directly from Mr. Brown during second meeting)  
This is a package that includes bones, muscles, the heart, stress and other health factors that impact our everyday life.
2. Essay: Personal Health and Fitness Assessment:
  - a. Evaluate your personal fitness level (muscular strength and endurance, cardiovascular endurance, and flexibility)
  - b. Compare your typical eating patterns to the recommendations given by Canada's Food Guide
  - c. Examine other factors such as sleep, stress, smoking, and other lifestyle factors that may contribute either positively or negatively to your overall health
3. Personal Health and Fitness Outline:  
Design a detailed plan with both general and more specific, measureable goals based on the results of your personal health and fitness assessment.
4. Personal Health and Fitness Essay:  
Take your outline and transfer it into an essay format with both general and more specific, measureable goals based on the results of your personal health and fitness assessment.
5. 80 Hours of Moderate or Intense Physical Activity:
  - a. Must contain fitness activities from the three prescribed categories of individual and dual activities, games activities, and rhythmic activities. For students who might have difficulty participating in rhythmic activities, there will be alternate written assignments to fulfill that particular section of the course. You will maintain a detailed log that outlines the type of activity, duration, and intensity each time you exercise.
  - b. You must meet with the teacher at the start of the course to discuss acceptable activities and to determine how the various fitness activities will be verified by a qualified adult.
6. Rhythmic Activities Assignment:  
If you do not include any rhythmic activities as part of your fitness plan, you must do a written assignment in order to meet that component of the curriculum.