

Online Flexible-Paced

<b>Course Name</b>	<b>Physical Education 10</b>
<b>Teacher</b>	Ms. Jennifer Wong
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<b>Location</b>	Online
<b>Course Site</b>	http://sd43.knowplace.ca/course/view.php?id=20 (username/password required)
<b>Course Resources</b>	All are on the course site.  The following are also required for the course: <ul style="list-style-type: none"> <li>• Tracking device (ipod, cell phone with an app to track your cardio). RunKeeper is an excellent one and it is free.</li> <li>• internet access</li> <li>• calendar for record keeping of activity hours</li> </ul>

**Online Flexible-Paced** –There are no scheduled classes in flex-paced courses. In a flex-paced course, a student has a maximum of 10 months to complete a course, which means students are not eligible to be enrolled in this course at any other school while completing the course with Coquitlam Open Learning. This is **not** an "at your own pace" course. You are given due dates and are required to submit assignments regularly as well as regularly communicating with the teacher and other online students. The 'flexibility' comes in the time of day and the location you work on the course.

Welcome to PE 10. This is an online, flexible paced course where students will have many opportunities to enhance their overall health and fitness through a differentiated learning environment. The course will be using: activity logs, reflections and assignments to encourage active living. While we do this, students will work towards the learning outcomes for this course:

- **Active Living** provides students with opportunities to make appropriate choices and set personal goals that enhance their quality of life
- **Movement** students develop an understanding of the movement concepts and body mechanics that are necessary to develop activity-specific motor skills
- **Personal and Social Responsibility** provides opportunities for students to acquire leadership skills and an understanding of the qualifications required to pursue a career related to physical activity

List of curriculum outcomes can be found on the BC Ministry of Education website:  
[https://www.bced.gov.bc.ca/irp/pdfs/physical\\_education/2008pe810.pdf](https://www.bced.gov.bc.ca/irp/pdfs/physical_education/2008pe810.pdf)

## Course Objectives:

- To encourage moderate daily physical education through a differentiated and distributed learning environment
- To use online interactions and face to face sessions, personalize exercise programs and improve the overall health of the student
- To encourage positive attitudes and strong self-worth that will increase the student's motivation to make healthy lifestyle choices
- To provide a strong foundation of knowledge in areas of health and fitness so that students will make healthy choices

## Learning Environments

### *Working Online:*

Our primary learning environment will be in an online environment. Students will find lessons, assignments, and calendars as well as other tools that will be used to help learn the outcomes of the course and demonstrate understanding. The course is designed to allow for flexibility along with an opportunity to be successful. All assignments, updates, and support links will be emailed to you by your teacher. Many students find that being an independent and autonomous learning is difficult and takes dedication. However, by the time online courses are completed, many students report feeling better prepared for future learning challenges. Our program has expectations around active participation, students should plan to work on assignments at a regular pace (on average 1-2 hours per day for each class).

To login to our online course, login at [www.sd43.knowplace.ca](http://www.sd43.knowplace.ca), click 'Coquitlam Open Learning Courses' then 'Physical Education 10-Wong'. Your teacher will provide your login information, write it here for reference.

**Username:**

**Password:**

### *Computer Requirements:*

Firefox or IE 6+, cookies and JavaScript enabled, pop-up blockers off, and Java 1.5 installed

### *Participation and Face-to-Face Time:*

Expectation is that the student hand in a complete Activity Log at the end of 10 hours of activity. Students may also contact their teacher to do a face-to-face of phone tutorial, or to meet at PMSS or Millside Center for a Fitness Test.

### *Staying Active:*

Although an online course, students are expected to stay physically active. They will be expected to design a health plan that meets the BC Ministry Guidelines. They will log and journal their progress and do regular fitness evaluations to monitor their progress. Many of the learning outcomes will be demonstrated by the presentation of:

- *Activity Logs (with verification)*
- *Credentials (certificates)*
- *Letters of reference (with contact information from coaches or instructors)*
- *Video demonstration or personal performance*
- *Receipts (from payment of activity) or the use of health apps (RunKeeper)*

## Evaluation

When submitting assignments, upload all assignments into the course website. Use this format for naming files:

LastName\_FirstName\_PE10\_Assignment X

Course Assessment	
Unit 1: Active Living	20%
Unit 2: Movement	60%
Unit 3: Social and Personal Responsibility	25%