

**Westwood Collegiate - Grade 11 and 12 Physical Education Delivery Models - 2018-2019**

To better align with what other high schools in our division, city and province are doing and to more effectively deliver the grade 11 and 12 physical education curriculum, there will be a couple of small changes to our model for the 2018-2019 school year.

[http://www.edu.gov.mb.ca/k12/docs/policy/imp\\_pehe/index.html](http://www.edu.gov.mb.ca/k12/docs/policy/imp_pehe/index.html)

This insert is a supplement to the course code listing. The terms (Online) and (In School) have been changed since the course code listing was printed. To earn a grade 11 and grade 12 Physical Education core course credit, students must register for one of the three options explained below. Please read carefully.

**Note** – We will adopt a “Looping Model” for the core health component. In 2018-2019, all students will be taught the grade 12 health. The next year all will be taught the grade 11 health.

- 1) PE30/40FF (Female Fitness) and PE30/40FT (Advanced Fitness Training)** - Students have a timetabled section during the day. Classes will be mainly held in the fitness center. Health component and all physical activity hours are delivered/supervised in class by teacher.

<b>100% IN – Active Healthy Lifestyles</b>			
<b>Component</b>	<b>Module</b>	<b>% Time IN</b>	<b>% Time OUT</b>
Core Component (25%)	Module B: Fitness Management	10%	
	Module C: Mental-Emotional Health	5%	
	Module D: Social Impact of Sport	5%	
	Module E: Substance Use and Abuse Prevention	5%	
Physical Activity Practicum (50%)	Physical Activity/Sport Options	50%	
Flexible Delivery Component (25%)	Physical Activity/Sport Options	10%	
	Teacher-Developed Module (e.g., Leadership, Sport Science, Cardiopulmonary Resuscitation [CPR] Certification, Health Research Projects)	15%	

**2) Previously called PE 30/40F (In school)**

**Self-Directed – 75% IN/25% OUT** – Students will have a timetabled section during the school day. Classes will be held in the gym, with the fitness center and the cave used as supplemental spaces. A teacher will deliver the health component (25%), in class. Students will choose from four out of seven, ten day Physical Activity Blocks to participate in for the main chunk of their physical activity hours (50%). The remaining 25% of Physical Activity Practicum hours will be done by completing a personal fitness portfolio on their own.

<b>75%/25% IN/OUT – Active Healthy Lifestyles</b>			
Component	Module	% Time IN	% Time OUT
Core Component (25%)	Module B: Fitness Management	10%	
	Module C: Mental-Emotional Health	5%	
	Module D: Social Impact of Sport	5%	
	Module E: Substance Use and Abuse Prevention	5%	
Physical Activity Practicum (25%)	Personal Fitness Portfolio		25%
Flexible Delivery Component (50%)	Physical Activity/Sport Options	50%	
	Health Options		
Student/Teacher Conferencing	(e.g., 1 hour per student)		

**3) Previously called PE30/40F (Online)**

**Self-Directed – 25% IN/75% OUT** – Students will have a timetabled section before school (7:30am-8:15am) or at lunch (12:15pm-1:00pm). The health component (25%) approx. 20 classes will be taught during those times. The remaining 75% of time will be students completing their personal fitness portfolio on their own. Students may be required to attend interviews/conferences with their teacher to discuss goal setting, progress, challenges etc. throughout the semester.

<b>25%/75% IN/OUT – Active Healthy Lifestyles</b>			
Component	Module	% Time IN	% Time OUT
Core Component (25%)	Module B: Fitness Management	10%	
	Module C: Mental-Emotional Health	5%	
	Module D: Social Impact of Sport	5%	
	Module E: Substance Use and Abuse Prevention	5%	
Physical Activity Practicum (50%)	Personal Fitness Portfolio		50%
Flexible Delivery Component (25%)	Personal Fitness Portfolio		25%
Student/Teacher Conferencing	(e.g., 1 hour per student)		