

## Physical Education 30F & 40F Out of Class

### Westwood Collegiate

#### Course Outline, Information and Expectations

##### Course Work:

This course is delivered in an Out-of-class format. Students are responsible for reading the Module notes that are posted on Edmodo (**EDMODO CODE: 4j294q**) and in the handout folder in the Westwood Shares> Hand Outs> Christie Hand Out> PE Online. The assignment package that corresponds with the notes will also be in the same locations. **PLEASE ENSURE YOU PLACE YOUR ASSIGNMENTS IN THE PROPER FOLDERS AND NAME THE FILE WITH YOUR FIRST AND LAST NAME.** You may also email assignments to [schristie@sjsd.net](mailto:schristie@sjsd.net).

Progress meetings will take place throughout the school year. Mr. Christie will be pulling students out of class to ensure students are submitting assignments and are keeping up with their Physical Activity Goals that they set in Module A.

#### **ALL MODULE ASSIGNMENTS ARE DUE ON MARCH 27, 2020**

##### Physical Activity Hours:

Students are required to participate in 75 total hours of moderate to vigorous hours of physical activity. 65 of these hours can be achieved in any form. 10 of the 75 must be completed in a self-directed manner using one of the various resources within the Westwood Collegiate facilities (this includes intramurals, the Event, fitness centre, joining PE classes (with teacher permission)). Sports teams do not count towards these 10.

There are two types of activity hours log sheets. One is for the 65 hours that comes as a monthly form that must be submitted in full detail describing your participation in moderate to vigorous activity. The other log sheet is for tracking your 10 hours of self directed in school activity. Both sheets can be found in the office, hand out folder, or on Edmodo.

#### **ALL ACTIVITY HOURS ARE DUE ON MAY 22, 2020**

##### Course Checklist:

- Each student must have the Parent and Student declaration form signed and returned to Mr. Christie.
- Read the Module Notes from the Hand Out folder or Edmodo Site
- Assignments for Modules A to E handed in to the Hand In folder on Westwood Shared
- Keep track of all activity hours in the monthly log forms
- Show up for Progress Meetings with completed assignments during the school year
- Hand in all assignments and activity hours prior to the deadlines in order to earn a credit