

Westwood Collegiate 2025-2026

Physical Education 30F & 40F Out of Class Phys. Ed.

Course Overview, Information and Expectations

Overview:

This course is designed to allow students flexibility when choosing to be physically active and allows them to schedule other courses within their timetable. Students taking this course should be competent/motivated to participate in workouts such as going to a public gym, attending classes, and/or working out at home. Playing on sports teams/clubs also caters to those enrolled in this course as they get their activity hours during practises and competition. Strong organizational skills and meeting deadlines is also crucial for the theory component of the course and Modules must be completed regularly to keep up with the course.

Course Work:

This course is delivered in an Out-of-class format. Information and class notes will be posted using the Microsoft TEAMS program. Students are responsible for getting familiar with TEAMS and must download the TEAMS and OneNote apps on their devices and/or computers to follow along with the course. All assignments will be posted in Microsoft TEAMS and OneNote and **must be submitted through TEAMS as well.** Research and self reflection make up a big portion of the assignments. Progress meetings may take place throughout the school year to ensure students are submitting assignments and are keeping up with their Physical Activity Goals that they set in Module A. **THIS COURSE ONLY TAKES PLACE SEMESTER ONE. UNLIKE OTHER SCHOOLS OR PAST YEARS, YOU MUST HAVE ASSIGNMENTS IN FIRST SEMESTER TO EARN YOUR CREDIT REQUIRED FOR GRADUATION.**

LATE MODULE ASSIGNMENTS WILL BE ACCEPTED UNTIL JANUARY 16, 2026

Physical Activity Hours:

Students are required to participate in 75 total hours of **moderate to vigorous** physical activity. **Paid jobs and walking to school do not count as activity hours. This is stated by the curriculum of Manitoba.**

At home workouts/ideas can be provided on TEAMS to help individuals keep up their activity hours if they are struggling to find ways to be active. Activity hours must be logged **and submitted MONTHLY** using the log sheet posted on TEAMS or hard copy to Mr. Christie. The sheets can also be found in the office as well. **ALTHOUGH MODULES ARE DUE IN SEMESTER ONE, YOU WILL HAVE UNTIL MAY TO SUBMIT YOUR MODERATE TO VIGOROUS ACTIVITY HOURS.**

ALL ACTIVITY HOURS ARE DUE ON MAY 22, 2026

Course Checklist:

- ☐ Each student must have the Parent and Student declaration form AND COURSE OUTLINE
- ☐ Read the Module Notes and Complete Assignments for Modules A to E
- ☐ Keep track of all activity hours in the monthly log forms **AND SUBMIT MONTHLY.**
- ☐ Hand in all assignments and activity hours prior to the deadlines in order to earn a credit.
- ☐ **REMEMBER MODULES ARE DUE SEMESTER ONE AS IT IS NOT AN ALL-YEAR COURSE**

BY ENROLLING IN THIS COURSE YOU ARE AGREEING TO ALL OF THE EXPECTATIONS AND REQUIREMENTS NECESSARY TO EARN A CREDIT(S) REQUIRED FOR GRADUATING HIGH SCHOOL.

If you have any questions, please email me at steven.christie@sjasd.ca