

Westwood Collegiate 2021-2022

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

Course Overview, Information and Expectations

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. 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.

ALL MODULE ASSIGNMENTS ARE DUE ON MARCH 25, 2022

Physical Activity Hours:

Students are required to participate in 75 total hours of **moderate to vigorous** physical activity. Given the current situation we are all facing with the Covid-19 Virus, physical activity opportunities look different. Sports seasons may be cancelled or limited, school facility access is unknown, and other community opportunities may not be available. HOWEVER, THIS DOES NOT PREVENT PEOPLE FROM BEING ACTIVE, IT ONLY FORCES PEOPLE TO PLAN AND GOAL SET MORE STRATEGICALLY. IF YOU DEPEND A LOT ON A GIVEN SPORT FOR ACTIVITY HOURS, IT IS HIGHLY RECOMMENDED THAT YOU FIND OTHER WAYS TO GET SOME ACTIVITY HOURS COMPLETED IN CASE YOUR SEASON IS CUT SHORT OR CANCELLED IN ORDER TO FULFILL THE REQUIRED HOURS TO PASS THE COURSE.

At home workouts will be posted 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 using the log sheet posted on TEAMS. **You must submit your activity hours MONTHLY** through TEAMS or hard copy to Mr. Christie. The sheets can also be found in the office as well.

ALL ACTIVITY HOURS ARE DUE ON MAY 27, 2022

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

Course Checklist:

- Each student must have the Parent and Student declaration form signed and returned to Mr. Christie.
- Read the Module Notes and complete Assignments for Modules A to E
- Keep track of all activity hours in the monthly log forms
- Hand in all assignments and activity hours prior to the deadlines in order to earn a credit