

Harvey High School

Wellness Through Physical Education 110

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CONGRATULATIONS for making your health and wellness a priority for life!!! Choosing this course will allow you to research and participate in many wellness activities, get excited about fitness for your future, become a community healthy leader and have lots of FUN!!! 😊

Course Outline

Rationale:

The Wellness Through Physical Education 110 course and curriculum was designed to promote healthy active living for life. It is intended to encourage a broad-based exploration of a variety of activities, highlighting non-traditional approaches to fitness and wellness and is not sport specific. (e.g., yoga, hiking, ultimate Frisbee, personal training, Tai chi, ect).

Goals:

- 1) To increase the awareness of the role of physical activity towards a healthy active lifestyle
- 2) To facilitate the transition from awareness to the adaptation of healthy attitudes and behaviors concerning participation in physical activity
- 3) To expand the knowledge and participate in various activities that students may participate in for life.
- 4) To allow for student ownership and control over all aspects of their personal wellness and nutrition, allowing for appropriate decision making and growth.
- 5) To assist the student in building greater self-confidence and self-esteem through accomplishment of achieving personal fitness goals.
- 6) To research, develop and implement a wellness initiative within our community.

The course will be broken down into theoretically and practically as follows:

Theory: 40% of the course will be classroom based including many areas of study.

Units will include:

Choosing Wellness

Wellness in the World Around us

Opening Doors to Living Well

Taking Action on Wellness

Practical: 60% of the course will be activity based. This may happen in our HHS gymnasium, at a outside facility, or the great outdoors.

Activities may include:

Yoga
Pilates
Rock Climbing

Cross Fit
Weight Training
Learn to Run program

Self Defense	Swimming
Ultimate Frisbee	Snow shoeing
Biking	Low Organized Games
X-Country Skiing	Bowling
Archery	Zumba
Dancing	

Marking Scheme:	Daily Mark/Participation	40%
	Minor Assignments	30%
	Major Assignment/Exam	30%

Daily Mark: Is given every day, marked out of 10 and made up of the following:

- Behavior/ Attitude 2-3 marks
- Effort 2-3 marks
- Participation 2-3 marks
- Language 2-3 marks
- Phys. Ed Clothes 2-3 marks

Minor and Major Assignments will be described in detail on a later date.

Student Fee: There may be a small fee involved depending on activity selected.

The fee will cover the cost of travel to various activities and initiatives throughout the semester.

Student and Parent(s)/Guardian(s), please sign below to indicate you have read and understand the guidelines for Wellness Through Physical Education 110.

Student Signature

Parent/Guardian signature