



Physical Education 10

(3 credit)

Physical Education is offered as an **individualized learning** course at the Learning Centres. The teacher is accessible for support via email or by booking an **appointment** (phone, virtual meeting, in person) during our hours of operation. Before you ask for help on the assignment, be sure to review all available resources including the practice problems on the course Google Site.

Students will complete the course by working through modules. Modules are comprised of lessons which include various resources that allow the student to actively engage in the learning process. Course content and resources are provided online through the course website. Students require their unique **@edu.sturgeon.ab.ca** account for course completion.

Progression Through Course Sequences

Successful completion of Physical Education 10.

There are no prerequisites for mature students. A mature student, for Alberta High School Diploma purposes, is one who as of September 1 of the current school year, is 19 years of age or older; or the holder of a previously-awarded high school diploma from the province of Alberta; or an equivalent high school diploma from a jurisdiction acceptable to the Minister.



Unit Topics and Evaluation

Physical Education 10 is set up in 4 categories

Category 1	Activity
Category 2	Benefits Health
Category 3	Cooperation
Category 4	Do it Daily for Life

A schedule of module due dates will be set up with your teacher as part of your registration. Timelines vary from student to student, depending on when you start the course and how well you grasp the material presented. Keep in mind that in a typical high school classroom, students receive approximately 80 minutes of class time everyday for an entire semester.

Assessment Component	Overall Weighting
Activity	25%
Benefits Health	25%
Cooperation	25%
Do it Daily for Life	25%

Marks can be viewed on PowerSchool. Pay attention to comments included with your marks. This could mean there are things that your teacher would like to review with you before finalizing the mark on the assignment. Take the time to come see your teacher and discuss what must be completed or redone. Note: due to course deadlines, corrections will need to be completed in a timely manner as determined by you and your teacher.

Accessing Content and Required Course Work

Modules are comprised of lessons which include various resources that allow you to actively engage in the learning process. Course content and resources are provided online through the Physical Education Google Site which is accessed through your @edu.sturgeon.ab.ca account in Google Classroom.

Additional Information and Expectations

All students and staff are expected to treat each other with respect. For more information, please refer to our website: www.sturgeonlearning.ca.

