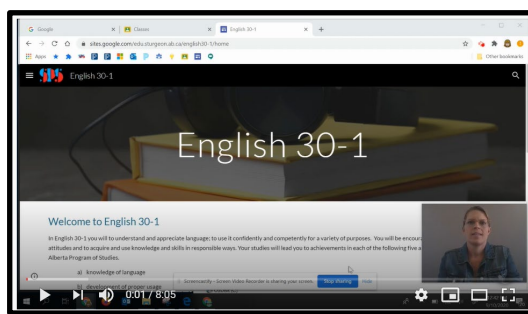


Welcome to PE 30 (5 Credit) Course Outline

Hello and welcome to PE 30.

How Do I Begin?

Students will complete the course by reading the workbook and then answering the questions through module assignments. Modules are comprised of lessons which include various resources that allow the student to actively engage in the learning process. Students require their unique **@edu.sturgeon.ab.ca** account for course completion.



Watch the orientation video to help get started in Google Classroom.

To access your PE 20 course, follow these steps:

1. Log in to your **@edu.sturgeon.ab.ca** account using a Chrome browser.
 - a. If you are new to SPS, a username and password should have been emailed to you after your registration process was complete.
 - b. If you are not sure of your username and password, please contact our admin assistant at 780-939-4341, Extension 1626.
2. Go to Google Classroom and enter the enrolment code **f6d64hc**.
3. Go to the Classwork Tab. The Classwork page is organized by topics.
4. Begin by reading through the PE 20 textbook; it will be your primary resource and you can view it online or print it off yourself.
5. Required assignments are identified on the bottom of each unit page. Assignments are to be completed IN GOOGLE CLASSROOM. The tasks in Google classroom are summative that will be evaluated for a grade, but some of the activities in the workbook are formative that should be done for practice before attempting the assignments in Google Classroom.
6. Read all parts of your assignment carefully, and record your answers in the appropriate places. If you have difficulty with an assignment, go back to the workbook or required text and review the

appropriate lesson before contacting your teacher. Be sure to proofread your answers carefully before submitting your assignment.

7. Ensure that you complete the assignments in the order they are presented. When you are ready to complete your first assignment, proceed to Google Classroom for the assignment. Assignments that are partially completed will be sent back to finish.

Evaluation and Due Dates

I will be evaluating your assignments and providing essential feedback. Please pace your submissions appropriately to ensure that I have time to evaluate your work effectively. Do not bulk submit multiple assignments at the same time. The amount of time you have to complete a course depends on your registration date and your individual course completion goal. Planning for a successful course completion by organizing your time is one of the best strategies students use in distance learning.

Below is a list of assignments and exams for the class and the percentage for each of them. You will be e-mailed due dates for your assignments and exams and your grades for this work will be posted in PowerSchool.

Assessment	Percentage
Do it Daily for Life – Nutrition Plan	25%
Cooperation	25%
Benefits – Health (exercise and disease)	25%
Activity Logs	25%

All module assignments and interviews must be completed and submitted before a final grade is produced.

What Do I Need to Begin?

- A robust computer device (ie. chromebook, laptop)
- Your username and password for your **@edu.sturgeon.ab.ca** account
- Your username and password for your SPS PowerSchool account.