

Course: Active Living 10

Course Format: Online

Credits: 4

Description: The goal of Physical Education is to help students acquire the knowledge, skills, and attitudes needed to develop and maintain their overall health and well-being. Schools, family and community play important roles in supporting students to become increasingly capable of independently making healthy choices.

Physical Education at SAIL:

- As a distributed learning school, SAIL offers students an alternative to a typical Physical Education class experience.
- Students do not have a teacher to directly design and direct their daily physical activity and learning.
- Students are encouraged to take greater ownership over their physical fitness and become involved in physical activities suited to their own interests and abilities
- Students are expected to participate in a variety of moderate to vigorous physical activities that develop fitness components and movement skills.

Prerequisite: None

