

**Course:** Active Living 11

**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.

Students will be expected to work their way through the 3 course modules and participate in the following learning activities:

- Plan and participate in a variety of physical activities and provide details/evidence in your personal Activity Blog (within the course) by making real time posts.
- Complete 3 fitness assessments and 3 planning calendars (1 for each per module).
- Respond to topics on Mr. Avery's [SAIL P.E. Blog](#) in their Personal Bio page.
- Use the website tool Pinterest to create your personalized P.E. learning center...with a focus on Fitness/Nutrition/Health.
- Personal Bio page: share aspects of your personal journey and highlight examples where learning is applied to your activity and personal health (Ideas to Action).
- Share your finds and make connections with other PE students by contributing to our class Wikis.

**Prerequisite:** none

