

**Course:** PE 9

**Course Format:** Online

**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.
- Based on their own needs and interests, students will have the opportunity to pursue their own goals for personal health and physical activity.
- Students are expected to participate in a variety of moderate to vigorous physical activities that develop fitness components and movement skills.

Student Activities:

- review and apply FITT guidelines and compare with their personal activity levels
- Create a Pinterest Account for P.E. with specific topic boards of interest + one for each of the 3 fitness components (Cardio/ Strength/ Flexibility) and wellness.
- Blog your regular physical activity (private blog within the course), provide some video/pics evidence, report on your intensity using the RPE scale and heart rate samples.... try to include cardio/strength and flexibility and a variety of activity experiences. Try out some of your Pinterest pins!
- Use technology to complete start your Activity Showcase Presentation. This will highlight your attitudes/experiences/goals and question about how physical activity plays a role in your life.

**Prerequisite:** None

**Note:** that all students from the Surrey School District are required to have written approval from your school Principal before you can enrol in a grade 8 & 9 online course at SAIL.

