**Physical Education 10F**

**Course Summary:**

This course will give you the opportunity to learn more about yourself and encourage you to make more informed decisions about healthy active living. The course content focuses on being physically active, identifying healthy lifestyle concepts and practices, and establishing personal safety. You will learn the essential tools to what it takes to be active for life.

**Course Evaluation:**

The physical education portion of this course is structured as a self and parental/guardian monitoring activity log that you are required to complete in order to earn your credit. The activity log is an accumulation of 55-hours of moderate to vigorous physical activity. Additionally, you will be required to participate in discussions, go through each learning modules, explore learning activities to supplement understanding, attempt module tests, and module assignments

**Learning Modules:**

* Module 1: Healthy Lifestyle Practices
* Module 2: Personal Management
* Module 3: Social Management
* Module 4: Substance Use and Abuse
* Module 5: Personal Safety
* Module 6: Human Sexuality

**Grade Breakdown:**

* Physical Activity Log: 50% of grade
* Test(s): 40% of grade
* Assignment(s) and discussion(s): 10% of grade