

**Physical Education 10** is a graduation requirement in Alberta. It is geared toward participation and reaping the health benefits of being physically active. As an independent student, you have a great deal of freedom in choosing the types of activities and the associated health benefits as well as the techniques that will make you a more effective, and safer physically active individual.

The curriculum is divided into 4 broad outcomes - the four A B C D's of physical Education. They are:

- Activity, which refers to basic skills and the application of basic skills
- Health Benefits, including functional fitness, body image and general well-being
- Cooperation, that is communication, fair play, leadership and teamwork objectives, normally related to team play and/or group activities
- Do it Daily ... For Life, or focusing on effort, safety goal setting and active living in the community.

## **How the Course Works**

Your coursework is made up of logbook hours and assignments.

### A. Logbooks:

In a logbook you will record the hours you have completed doing physical activity. In general, the activities you must participate in are grouped into 5 categories.

1. Alternative Environments
2. Dance
3. Games
4. Gymnastics
5. Individual Activities

### B. Assignments

You are also required to complete THREE assignments. These assignments not only contribute to your mark, but also to your hours. Your assignments are designed to take about 5 hours each to complete and therefore add 15 hours toward the completion of required hours for the course.