



PATTISON HIGH SCHOOL

We don't teach a class, we teach individual students in a class

Physical and Health Education 10

Winter Semester 2026

Ms. Pettinger

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Room 114/Outdoors/YMCA

Period 2

Physical and Health Education (PHE) is designed to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy citizens throughout their lives. PHE emerges from two areas of learning, physical education and health education, that are brought together in order to promote and develop all aspects of well-being.

Physical education focuses on the development of physical literacy, which will contribute to building the competence and confidence students will need to participate in a variety of activities and environments throughout their lives. **Health education** focuses on the development of knowledge, skills, attitudes, and beliefs related to health literacy and encompasses a number of important health and safety topics, including nutrition, prevention of illness and injury, decision-making skills, healthy relationship skills, mental well-being, sexual health, and substance use.

Bringing together components of both physical and health education complements First Peoples perspectives and worldviews that recognize the importance of balancing all components of well-being to maintain a healthy and safe way of life.

An underlying principle of the PHE curriculum is that students must be active in creating, assessing, and applying what they learn to their daily lives.

The BC Physical and Health Education curriculum contributes to students' development as educated citizens through the achievement of the following **goals**. Students are expected to

- develop an understanding of the many aspects of well-being, including physical, mental, and social
- develop the movement knowledge, skills, and understandings needed for lifelong participation in a range of physical activities
- develop knowledge, skills, and strategies for building respectful relationships, positive self-identity, self-determination, and mental well-being
- demonstrate the knowledge, skills, and strategies needed to make informed decisions that support personal and community health and safety

Big Ideas

1. Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals.
2. Trying a variety of physical activities can increase the likelihood that we will be active throughout our lives.
3. Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being.
4. Personal fitness can be maintained and improved through regular participation in physical activities.

Curricular Competencies

1. Physical Literacy
2. Healthy and Active Living
3. Social and Community Health
4. Mental Well-being

Materials

- Binder with lined paper
- Pattison PE Uniform including appropriate athletic footwear

Expectations

- English only
- Be in class on time ready to complete the daily activity and complete all written assignments
- Uniform, both in the classroom, outside and while at the YMCA
- Proper etiquette while at the YMCA
- Follow directions at all times

Evaluation Scheme

40%	Physical Literacy
15%	Final Exam
40%	Health & Wellbeing
5%	Self and Peer Assessment