



**MAPLES
COLLEGIATE**

Dear Students,

Welcome to Active Healthy Living. This is an exciting, new and different way of earning a Physical Education credit. This course is assessed on a “Complete” or “Incomplete” standing. All course assignments must be complete in order to receive a course credit.

Criteria for course completion involve three aspects:

1) 55 Hours of “Out of School Physical Activity”

- You will plan out the activities that you will participate in to gather the 55 hours, examine safety precautions, and log your time spent in the activity. Activities must be moderate to vigorous and must be done for a minimum of 20 minutes at a time. Paid work cannot count for this time, although volunteer activities may. You may begin to log time for these activities upon teacher and parent approval of your plan.

2) 55 Hours of Combined “In Class Physical Activity” & “Health Modules”

a) In Class Physical Activity

- We will provide a wide range of physical activities to suit your needs and preferences.
- As this course is based on a number of credit hours, “In Class Physical Activity” time must be completed in order to receive your credit. We allow up to 4 classes for students that must miss due to illness, appointments, other school activities, forgetting gym clothes, etc. Parents must call in to excuse the student for an appointment.
- Any class missed after 4 classes must be made up outside of regular class time under the supervision of physical education staff.

b) Health Modules

- There are compulsory health modules where class work and assignments must be fully completed at an acceptable level. There will be class lectures for each module that will compliment and assist in completing the assignments.

Upon successful completion of all three aspects of this course, a credit is earned. We hope that you will find this course beneficial for you and for your future.

Actively Yours,

C. Lechman

C. Stark

A.Ogidan

C. Krahn

S. Kirkpatrick

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P. Serrette

S. Chhin

S.Rosenbaum