

## Education

Instruction, Curriculum and Assessment Branch  
 Distance Learning Unit  
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## RECORD OF PROGRESS

## GRADE 10 PHYSICAL ED/HEALTH ED (20F)

Name \_\_\_\_\_

School \_\_\_\_\_

	TARGET DATE FOR COMPLETION	ACTUAL DATE OF COMPLETION	MARK
<b>Mod 1</b>			
1.1 One Week Physical Activity Log			/20
1.2 Certification in CPR — Level A			<input type="checkbox"/>
1.3 Part A — Goal Setting			/28
Part B — Physical Activity Plan			/48
<b>Mod 2</b>			
2.1 Communication Skills for a Disagreement			/18
<b>Mod 3 &amp; 4</b>			
3.1 Physical Activity Log			/20
3.2 Short Quiz			/4
4.1 Stress Reduction Plan			/40
<b>Mod 5 &amp; 6</b>			
5.1 Physical Activity Log			/20
5.2 Safe Exercise Practices			/8
5.3 Warm-Up and Cool-Down			/19
5.4 Heart-Rate Predictions			/14
6.1 Meal Planning			/38
<b>Mod 7 &amp; 8</b>			
7.1 Physical Activity Log			/20
7.2 Sports Investigation #1			/40
7.3 Analyzing Sport Scenarios			/12
8.1 Substance Use and/or Abuse Prevention Strategy			/24
<b>Mod 9 &amp; 10</b>			
9.1 Applying Moving Skills			/10
9.2 Applying Biomech Principles			/12
9.3 Sports Investigation #2			/44
10.1 Advertising Influences on Consumers			/27
10.2 Questions on STIs			/13
10.3A Birth Control Essay or Brochure			/10
or			
10.3B Abstinence Essay or Brochure			/10
<b>Final Exam</b>			/100
<b>Final Grade</b>	<b>Date</b>		<b>%</b>

## EVALUATION GUIDE

- Evaluation for Grade 10 Physical Ed/Health Ed is based on
- Assignments — Physical Modules 50%, Health Modules 30%
  - Final Exam 20%
  - Assignments can be redone once