

# PHE 10



## Course Description

Understanding our strengths, weaknesses, & personal preferences helps us plan and achieve our goals. Trying a variety of physical activities can increase the likelihood that we will be active throughout our lives. Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being.

## Course Materials

There is NO textbook required for this course. In order to develop movement skills, access to some recreational equipment is recommended.

## Curriculum

The Curriculum for this course is available at: [PHE 10](#)

## Assessment & Evaluation

Item	Weight
Online Lessons	60%
Activity Hours	40%

Learners are expected to spend 90-120 hours on the course. This time includes viewing/reading lesson resources; researching the technique or focus of the assignment, planning, making, and completing coursework; submitting the assignment and reviewing feedback.

## Course Activation

You will be declared active in this course upon the completion of SMART Goalsetting

## Contacting Your Teacher

I am available Monday-Friday during regular school hours. Please contact me any time if you are experiencing challenges with the course. I am here to ensure you experience success!

Teacher information will be available on the website.

## When learners are not meeting the learning outcomes/falling behind

When learners fall behind the expected pace or plan, they will be contacted via email or phone and if there is no improvement or response, parents will also be contacted. If deemed necessary, contact with the learner's home school may also occur to help determine a solution.

Learners are expected to let the course teacher know when they are struggling with course content. In response, the course teacher will provide appropriate help or strategies to support learning. The course teacher will also provide feedback on course work to support learning and help learners improve. Parents will be made aware if their child is actively working but struggling to meet the learning outcomes of the course.

Learners falling behind in a manner where it does not appear that they will complete the course within a year will be sent reminder emails. Without a response or renewed efforts in the course, the learner may be assigned an F or withdrawn. Should they begin actively working in the course, the learner may be given an alternate completion date.

## **Inactivity and Communication**

Learners are expected to login and submit work in their online courses on a weekly basis. EBUS teachers monitor learner participation, work submission and periods of inactivity in their courses. Learners who do not submit assignments will receive an *online gentle reminder email (OGRE)* to inquire about progress and reasons for inactivity.

OGRE notice #1 - Two weeks - no assignments submitted.

OGRE notice #2 - Three weeks - no assignments submitted.

OGRE notice #3 - Four weeks - no assignments submitted.

Learners who receive an inactivity email must contact their teacher to communicate their intentions for the course and their plan to engage in the course.

If a learner has been inactive and has received three OGRE reminders and has not responded to communications from their online teacher, the learner may be withdrawn from the course.

Communication between learners and teachers is important. EBUS Academy offers a flexible learning environment, and we understand that various circumstances can arise that prevent learners from engaging in their courses. When learners anticipate being absent from their online course, they should contact their teacher in advance, whenever possible.

## **Integrity Policy**

At EBUS, you're expected to complete your own work and use tools—including AI—responsibly. Integrity means showing what you know and giving credit when you use help or ideas from others.

### **Exams, Tests, and Quizzes**

Complete all tests independently without notes, devices, or AI unless permitted by your teacher.

Cheating or unauthorized use of AI/internet may result in a zero, test retake under supervision, or other consequences.

### **Plagiarism**

Plagiarism is using someone else's words, ideas, or AI-generated work as your own. Avoid it by writing in your own words and citing all sources (including AI tools). Use bibme.org for citations. Consequences range from warnings to zeros to redoing work under supervision.

### AI Use

AI tools may only be used when explicitly permitted by your instructor. If allowed, you must include an AI Use Statement (e.g., "Used ChatGPT [May 2025] to brainstorm ideas; rewrote in my own words") and cite the tool. AI-written essays, code, or images submitted as your own work are not permitted.

### Consequences

If unauthorized help or AI use is suspected, your teacher will contact you. Consequences depend on severity and may include warnings, resubmission, zeros, or withdrawal from the course.

## Learner Expectations

- Adhere to the EBUS Academic Integrity Policy.
- Contact your teacher when help is needed.
- Review feedback from assignments and tests, where applicable.
- Work to complete the course in a timely manner.
- Communicate respectfully.
- Review weekly progress reports.

## Reporting

There are three Written Learning Updates that are accessible from the learner dashboard. An email will go out when these are available.

The teacher will regularly send out progress reports showing the learner's progress, on weeks that EBUS Academy is in session.