



# Physical and Health Education 8

## Course Description

Physical and Health Education (PHE) is designed to develop educated students who have the knowledge, skills, and understandings to be safe, active, and healthy citizens throughout their lives. The PHE curriculum 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.

The physical education component focuses on the development of physical literacy. The health education component focuses on the development of knowledge, skills, and attitudes related to health literacy in three units: healthy and active living, social and community health, and mental well-being. 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.

## Course Materials

Students are expected to create their own plan for daily physical activity. Besides daily activity around the home, students are encouraged to register for gym/swim passes, recreational sports, and other organized activities in their community.

All materials for the health units are provided in the course.

## Curriculum

The Curriculum for this course is available at:

<https://curriculum.gov.bc.ca/curriculum/physical-health-education/8/core>

## Assessment & Evaluation

| Item                             | Weight |
|----------------------------------|--------|
| Daily Physical Activity Journals | 50%    |
| Assignments and Quizzes          | 50%    |

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.

## **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 email or phone call to discuss the concerns.

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.

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 [\[EBUS Academy Integrity Policy\]](#)**

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](http://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.