

St. James Collegiate
Grade 12 Active Healthy Lifestyles Course (PE40F- Online)

The purpose of this letter is to get you started on the completion of your PE40F Credit. The following topics will be covered:

- a) Requirements for Credit
- b) Activity Declaration Forms
- c) Theory Component – InformNet
- d) Physical Activity Component – Google Spreadsheet

A) Requirements For Credit

In order to receive the PE40F credit, students must complete two course components:

- 1) 75 Hours of Physical Activity – Out of Class – **DUE BEFORE JUNE 1**
 - ***MINIMUM 50 Hours of Moderate to Vigorous Exercise***
 - ***MAXIMUM 25 hours of Minimal Exercise (eg: walking, stretching, yoga)***
 - These activities can include school sports, intramurals, community sports teams, personal fitness activities and more. If you are unsure about what qualifies as physical activity, see the attached sheets, and if you have further questions, see Mr. Robson in room 213 or email misterjrobson@gmail.com.
- 2) Online Modules & Tests – **DUE BEFORE DECEMBER 1**
 - Students must attain a mark of **21/30** to earn a passing grade on each test.
 - If students fail a test, he/she can write the test again, but may need to wait a day to have the test reset. After 5 attempts, another assignment may be given in place of online modules.

**** Students will be required to submit an activity progress report BEFORE the end of Semester 1 (January 25, 2018.) There is no minimum at this time, although it is expected that students will have begun the process of recording hours. Activity logged during semester one MUST BE SUBMITTED before the semester's end! The format of this progress report will be discussed below.

B) Activity Declaration Forms

As with any school related activity, there is an element of risk involved in the activities required to complete PE 40F. For this reason, students and parents must complete declaration forms that are specific to the type of activities the student has chosen to do.

Step 1: Go Down the attached list of activities and check off any activities that may be of interest to you this year. Then transfer them onto your declaration/consent form. The permission form complete WITH LIST OF ACTIVITIES must be signed and returned BEFORE any hours are counted. (ie. If you return your signed list on October 10, you may start counting hours any time after that, but any hours done BEFORE that date DO NOT COUNT. This means it is very wise to GET YOUR INFORMATION IN SOON!) If an activity is NOT on the list, it does not count towards your 75 hours.

Step 2: Transfer the name of each chosen activity and its RFR (Risk Factor Rating) onto the declaration form (**page 10**). Any activities NOT listed on the declaration form are NOT eligible for inclusion!

Step3: Sign the declaration. If you are under the age of 18, your parent/guardian must also sign the document.

Step 4: Hand in the declaration form DIRECTLY to Mr. Robson in room 213. Mr. Robson will ensure that your form is filled out correctly. If you leave the form with anyone else, your form may be incomplete and may not be accepted!

C) PE40F Theory Component– InformNet Course Modules – DUE BEFORE DECEMBER 1

The theory component to this course will be done online and can be accessed from school or from home. There are 5 modules to read and 3 tests to complete.

Site: bblearn.merlin.mb.ca

Username & Password are THE SAME: first initial, last name, last 3 numbers of MET#
MET# (Student # - available on your student card, timetable, report card, etc.)

Ex: (if my MET# was 123456789) I would use: jrobson789

*Please do not change your password. If you do change it and then forget, we must reset your account and all progress will be lost.

D) PE40F Physical Activity Component – DUE BEFORE JUNE 1

Physical activity hours are completed via a Google Spreadsheet online. It is very helpful to have a Google account (GMail, YouTube, etc., but it is not required.) Your email address NEEDS to be submitted to Mr. Robson in order for you to begin!

Your first set of hours MUST BE SUBMITTED BEFORE THE END OF SEMESTER ONE! There is no minimum at this time, but hours completed BEFORE the end of semester one will NOT BE ACCEPTED ONCE SEMESTER TWO BEGINS. (meaning that if you don't submit anything before semester two – which is acceptable, but not recommended – you MUST COMPLETE ALL 75 during semester two.)

Your spreadsheet will only be set up and sent to you once you've filled out the permission slip PROPERLY.

If you need help or want to go over this process, you should see Mr. Robson to learn how use **the Google Spreadsheet** to keep track of your physical activity.

Frequently Asked Questions

Q: What is my timeline to get these requirements completed?

A: Ideally, you should complete 10-15 hours of physical activity per month. You must be completely finished your activity hours **before June 1**. Your online modules **must be finished by December 1st** or you may not complete the credit and may not graduate!

Q: How will I be graded for this class?

A: You will receive a complete or incomplete. There are no number grades for this class. There is also no attendance for the class, although you will see daily attendance in PowerSchool – it does not count for anything.

Q: What is the point of this class?

A: By coming up with your own physical activity plan, you are taking responsibility for your own fitness and health. Choosing activities that you enjoy will help you gain a greater appreciation for the benefits of lifelong physical fitness.

Q: How will my teacher know that I am doing the work?

A: Students will use the Google Spreadsheet to send progress reports for their physical activity practicum to their teacher supervisor. The MECY website will generate progress reports for the teacher supervisor to track completion of tests and modules. Parents and teachers will have to sign-off once you complete your physical activity practicum.

Q: Can I just walk for 75 hours?

A: Walking is a low level exercise and can be counted towards your 75 hours, but can only count up to a maximum of 25 hours (there is no minimum, so walking does NOT have to be included.) In order to get your credit, you must have a MINIMUM of 50 hours of moderate – vigorous activity. (swimming, running, sports, cycling, etc.) Other low intensity activities include housework, yoga, table tennis, etc. Any of these low level activities COMBINED can count for NO MORE THAN 25 hours. There is NO MINIMUM for low intensity exercise (you do not need to include any if you so choose.)

Q: How many activities do I need to list on my sheet?

A: That is up to you. Some people play a sport or take dance lessons or something like that and they can easily do 75 hours of that one activity, and that's fine. Others will prefer a more balanced list that allows for all possibilities. Basically, if you think you MIGHT do an activity this year and want to count it, PUT IT ON THE LIST! Generally it's wise to list more activities than you actually plan to do, because more bases are covered and you can include an activity if you wish. Just because an activity is listed on the sheet, that DOES NOT MEAN that you HAVE TO include it!