



**GRADE 10**

# **Fitness and Healthy Lifestyles 10**

**SD36 Surrey**

This course is designed to further students' study of health information, goal setting, fitness training, fitness testing and connection to the community. The course will provide students with opportunities, beyond Physical and Health Education 10, to achieve improved levels of health knowledge and intrinsic motivation to be more active. FHL 10 combines personal awareness of an individual's current level of health and fitness with increased knowledge and skills to improve overall health.

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**Credits:** 4

**Approval Date:** Jun 2018

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**Hours:** 120

**Trax Code:** YHRA

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## GOALS AND RATIONALE

Sedentary lifestyles combined with poor nutrition habits are contributing to a generation of adolescents who are less active, less motivated to take part in active pursuits, less physically fit and more overweight. Fitness and Healthy Lifestyles 10 (FHL10) is designed to provide students with opportunities, beyond Physical and Health Education 10, to achieve improved levels of health knowledge and intrinsic motivation to be more active.

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## BIG IDEAS

- Physical activity through fitness can be an important part of overall health and well-being
- Personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels
- Knowing how our bodies move and function helps us to stay safe during exercise
- Following proper training techniques can help us to reach our health and fitness goals
- Lifestyle choices can affect our overall health and fitness goals

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## ADDITIONAL INFORMATION

Recommended Instructional Components: The teacher will design instructional strategies that:

- acknowledge the social nature of learning;
- embed formative assessment practices such as learning intentions, criteria, questions, descriptive feedback, self and peer-assessment;
- provide opportunities for students to share learning and reflect;
- utilize technologies and other tools in purposeful ways