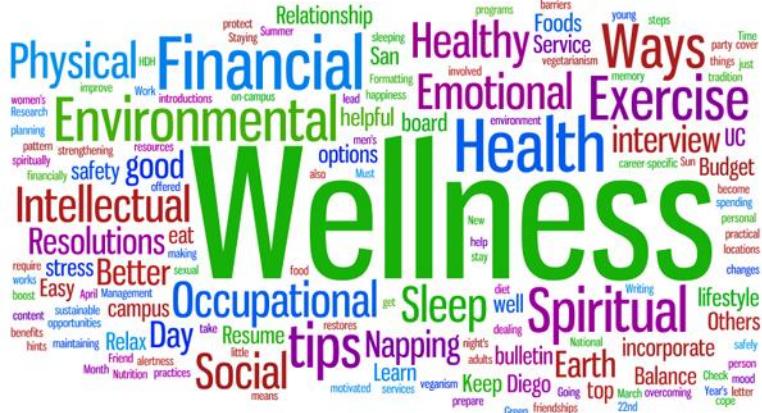


Welcome To Renewed Wellness 10!

The Goals of Wellness 10 are:



Purpose:

**Working to develop confident & competent students
who understand, appreciate and engage in a balanced,
healthy and active lifestyle.**

There Are Three Rules To Expect In This Class:

1. **GIVE THE BEST OF YOURSELF** that you have to give today.
 2. **BE RESPECTFUL** of yourself, others and the equipment.
 3. **BE SAFE** with both yourself and others.



For Class You Will Need:

1. A change of clothing that is comfortable for you to move in and respectful to others.
 - T-shirts cover belly button with both hands raised overhead; T-shirts preferred over tank tops.
 - Tank top straps are at least 2 inches wide with all undergarments covered.
 - Shorts are at least mid-thigh length. Light sweats/yoga pants/wind pants are also welcome.
 - Athletic footwear, preferably not outside footwear. Flip flops, clogs, flats, cowboy/roper boots, sandals, untied skater shoes are not appropriate footwear.
 2. Binder, pen, highlighter & any completed homework required.
 3. Eye protection (shatter proof goggles/glasses) & Badminton Racquet – can order through school at any time.
 4. Seasonal access to backpack, bicycle, skates, swimsuit, winter clothing.
 5. An open mind, a desire to try new things and the ability to laugh at yourself ☺

By The End Of Wellness 10 You Will Be Able To Say...

W.1	<u>Understanding of Wellness:</u> I can evaluate my understanding of wellness while participating in various opportunities that balance the dimensions of my wellness.	Required Outcomes
W.2	<u>Service Learning:</u> I can assess, through participation, how service learning enhances the well-being of the volunteer while providing a service to the individual or organization/community. (12hrs required)	
W.3	<u>Individual/Partner Movement Activities:</u> I can increase my confidence and competence towards planning and engaging in self-selected lifelong individual and/or partner movement activities from each of the following categories: Body Management Activities, Alternate Environment Activities, Target Games and Net/Wall Games	
W.4	<u>Mental Well-being:</u> I can assess the impact of mental health on the overall well-being of myself, family and community.	
W.5	<u>Self-awareness & Self-management:</u> I can assess my own self-awareness and self-management in order to enhance the well-being of myself and others.	
W.6	<u>Culture of Safety:</u> I can model and promote a local culture/norm of safety to optimize both my well-being and the well-being of others.	
W.7	<u>Physical Fitness:</u> I can promote sustainable wellness by planning and engaging in individual or small group movement activities that improve my health-related and skill-related fitness.	
W.8	<u>Relationships:</u> I can assess how interpersonal relationships influence all dimensions of wellness.	
W.9	<u>Community Challenges:</u> I can assess challenges related to community well-being and take action to address these challenges.	
W.10	<u>Group/Team Movement Activities:</u> I can increase my confidence and competence for participating in class-selected recreational group activities by applying, analyzing and explaining my understandings, skills, tactics and strategies from each of the following categories: Target Games, Net/Wall Games, Invasion/Territorial Games, Striking/Fielding Games	Choose Additional Three (3) Outcomes
W.11	<u>Healthy Eating:</u> I can make informed decisions regarding my own personal healthy eating practices based on connections to my wellness.	
W.12	<u>Spirituality:</u> I can investigate the connection to and importance of spirituality on my wellness.	

Wellness 10 Course Mark:

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10A Remind: [text @well10afun to \(306\)992-6966](http://text @well10afun to (306)992-6966)

Website: www.liveitup4life.com

Course Mark Categories

Personal Plans for Wellness (PPW) - 30%

Daily Work & Quizzes - 10%

Skillful Movement - 13%

Active Living - 13%

Relationships - 14%

Assessments - 0%

Final Exam/Project = 20%