Welcome To Renewed Wellness 10!

The Goals of Wellness 10 are:

1) **What?** - Develop the understanding, skills and confidences necessary to take action to improve health.
2) **So What?** - Make informed decisions based on health-related knowledge.
3) **Just Do It!** - Apply decisions that will improve personal health and/or the health of others.
4) **Active Living** - Enjoy and engage in healthy levels of participation in movement activities to support lifelong active living in the context of self, family and community.
5) **Skillful Movement** - Enhance quality of movement by understanding, developing and transferring movement concepts, skills, tactics and strategies to a wide variety of movement activities
6) **Relationships** - Balance self through safe and respectful personal, social, cultural and environmental interactions in a wide variety of movement activities.

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	**Understanding of Wellness:** I can evaluate my understanding of wellness while participating in various opportunities that balance the dimensions of my wellness.	**Required Outcomes**
W.2	**Service Learning:** 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	**Individual/Partner Movement Activities:** 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	**Mental Well-being:** I can assess the impact of mental health on the overall well-being of myself, family and community.	
W.5	**Self-awareness & Self-management:** I can assess my own self-awareness and self-management in order to enhance the well-being of myself and others.	
W.6	**Culture of Safety:** 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	**Physical Fitness:** 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	**Relationships:** I can assess how interpersonal relationships influence all dimensions of wellness.	**Choose Additional Three (3) Outcomes**
W.9	**Community Challenges:** I can assess challenges related to community well-being and take action to address these challenges.	
W.10	**Group/Team Movement Activities:** 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	
W.11	**Healthy Eating:** I can make informed decisions regarding my own personal healthy eating practices based on connections to my wellness.	
W.12	**Spirituality:** I can investigate the connection to and importance of spirituality on my wellness.	

Wellness 10 Course Mark:

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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%