



Course Outline: PE 10 – Dance Focus

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Introduction

Welcome PE 10 – Dance Edition

This course is designed to meet all of the learning outcomes from the new Physical and Health Education curriculum, with a focus on Dancers. The course is specifically designed for students who are high performance dancers, who will benefit from learning about health topics related to dance.

The Big Ideas for this course include:

- Understanding our strengths, weaknesses, and personal preferences helps us to plan and achieve our goals
- Trying a variety of physical activities can increase our chances of being active throughout our lives
- Healthy choices influence, and are influenced by, our physical, emotional and mental well-being
- Personal fitness can be maintained and improved through regular participation in physical activities
- Understanding the factors that influence our health empowers us to take action to improve it

(Taken from: BC Curriculum Drafts: <https://curriculum.gov.bc.ca/curriculum/10-12#ae>)

What is in PE 10 – Dance Edition?

Dance 10 is a combined online and portfolio course that allows students who are elite dancers to explore important health implications related to their sport. Students will be expected to complete projects on the following topics:

- The effect of a healthy diet on sports performance
- The importance of other healthy lifestyle choices on performance and well-being (sleep, stress management, injury prevention, mental toughness, rest days and complementary practices)
- Maintaining life-sport balance
- The relationship between practice, cross-training, rest and meditation on performance
- The physics of dance
- Fitness vs. society expectations (weight, body image, and health)
- Sexual healthy living, substance use/abuse, and appropriate boundaries

Assessment

Students will be assessed based on a combination of their projects, assessment of their dance performance and fitness (both student and teacher assessed), and on their reflective practices related to health and wellbeing.

Resources

Prescribed Learning Outcomes:

We are moving towards the use of the new learning outcomes found [here](#).

Jupiter Grades: Mark update and assignment feedback at

<https://jupitergrades.com>

School Website: <https://island-connected.sd68.bc.ca>

Attendance

Please be aware that Island Connect K -12 does not have a general attendance requirement. However, as this is a time-based course, students must submit lesson/practice/reflections on a weekly basis.

Completion Timeline Expectations

Successful learners typically finish within four months of initial enrollment in this course. There is a minimum requirement of 120 hours of fitness activities, as well as all health and well-being projects being submitted. Elite dancers should have no difficulty completing this course in 4-6 months. Please stay in touch with your teacher, and ask questions if you get stuck. Remember to work on your PE/Dance course every day!
