

Name:

Start Date:

✓	Unit	Material Covered	Mark	Date
	1	What is Physical Literacy?		
	2	Safety, Fair Play, and Leadership		
	Physical Literacy Theme Project			
	3	Active Living		
	4	Healthy Habits		
	Healthy and Active Living Theme Project			
	5	Unsafe Situations		
	6	Bullying, Stereotyping, and Discrimination		
	7	Healthy Relationships		
	Social and Community Health Theme Project			
	8	Making Good Decisions		
	9	Mental Well-Being and Substance Use		
	10	Managing the Changes		
	Mental Health Theme Project			
	Fitness Log Final Project			
	Final Course Grade			

Grade Calculation	SCORE	OUT OF	WEIGHT	EQUALS
Unit Worksheets		1000	x 75%	
Theme Projects		500	X 25%	
			Final %	