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ECUR 165 Introduction to Teaching in Secondary Schools

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Curriculum Comparison

Wellness 10 Curriculum

Wellness 10 is the required class appointed by the Saskatchewan Ministry of Education as the one and only physical education/health education credit needed to graduate. The course's foundation is the creation and revision of a personal wellness plan using the skills and knowledge learned in the course. This class is first offered in grade 10 but can be taken anytime, no pre-requisite required. The purpose of Wellness 10 is to develop confident and competent students who understand, appreciate and engage in a balanced and healthy lifestyle. Wellness 10 aims to cultivate self-assured, competent students who comprehend, appreciate, and participate in a healthy lifestyle.

Physical Education 30 Curriculum

Physical Education 30 is a class that can be taken but is not required to graduate, and it was created by the Saskatchewan Ministry of Education as an option to continue taking physical education throughout high school. In Physical Education 30, students learn how to lead active, healthy lives and learn the skills, knowledge, and attitudes they will need to keep them that way. Additionally, students gain an understanding of the concepts they will use to create individual programs and the advantages of fitness activities. Overall, this class will show why it's important to apply what you have learned to your daily life.

Compare and Contrast

In the curriculum, both of these classes fall under a broad umbrella called the Grade 10-12 Physical Education Framework. The majority of the curricular content is similar between Wellness 10 and

Physical Education 30. They both put forward ways to effectively teach and run these programs. In both of these curriculum documents, inquiry learning is presented. However, in Wellness 10 it goes on to elaborate on a model of the dimensions of wellbeing and Physical Education 30 presents more ideas rather than these dimensions. Another difference between the two is that they outline different strategies on meeting the needs of all students. Physical Education 30 has a specific subheading devoted to presenting ideas on this topic while Wellness 10 takes a broader approach and specifies community learning. Finally, Physical Education 30 combats myths surrounding physical education while Wellness 10 does not. Overall, both of these are crucial in the progressive learning of physical and health education within the Saskatchewan Curriculum.

References

Saskatchewan Ministry of Education. (2022). Saskatchewan Curriculum: Education. The future within us. Retrieved March 31, 2023, from <https://www.edonline.sk.ca/webapps/moe-curriculum-BB5f208b6da4613/>