
PHYSICAL EDUCATION

- ***Physical and Health Education 10 is a requirement for graduation***

ACADEMIES – SPORTS

Baseball, Golf, Hockey, Outdoor Education 9, Soccer

PHYSICAL AND HEALTH EDUCATION 9

In this course, students will understand that daily participation in different types of physical activity influences physical literacy, and personal health and fitness goals. Students will know that lifelong participation in physical activity has many benefits, is an essential part of a healthy lifestyle, and positively influences our emotional and mental well-being. Furthermore, students in Physical and Health Education 9 will study the effects that healthy relationships have on leading rewarding and fulfilling lives.

PHYSICAL EDUCATION 10

This course satisfies the "Physical and Health Education 10" graduation requirement

In this course, students will understand that personal strengths and weaknesses, and personal preferences, help them plan and achieve their goals. Students will also understand that trying a variety of physical activities will increase the likelihood that they will be active throughout their lives. Students will know that healthy choices influence and are influenced by our physical, emotional, and mental well-being. Finally, students will understand that personal fitness can be maintained and improved through regular participation in physical activities. Successful completion of PHED 10 or Dance 10 is a graduation requirement.

FIT FOR LIFE 10

This course satisfies the "Physical and Health Education 10" graduation requirement

The focus of this course will be individual lifestyle activities and lifelong physical activity. Students will participate in a variety of individual and dual sports and fitness activities including but not limited to archery, badminton, disc golf, geocaching, hiking, walking/running, orienteering, table tennis, fitness and weights. Other activities will vary based upon accessibility. Some of these activities will be off-campus and will have fees associated (TBD) for the year depending on the type and number of trips. A component of the course will also involve active living where students would incorporate healthy food and lifestyle choices. This class requires active participation of all students. Students need gym strip (athletic shoes, shorts, T-shirt) for every class.

DANCE TECHNIQUE & PERFORMANCE 10

DANCE TECHNIQUE AND PERFORMANCE 11/12

(Inside & Outside the Timetable)

DANCE CHOREOGRAPHY 12

(Inside & Outside the Timetable)

BASKETBALL 10 – 12 (Inside & Outside the Timetable)

PREREQUISITE: Experience Recommended

Grade 10 Basketball satisfies the "Physical and Health Education 10" graduation requirement

Gr 11 and 12 Basketball satisfies the "Elective" graduation requirement

****Note:** This course is offered inside and outside the regular timetable

Within the basketball academy, it is our intention to educate and empower our students with confidence, commitment, and integrity, so they can live a productive, successful life. The academy emphasizes respect for teammates, peers, and community by instilling a code of ethics built on honesty, integrity, responsibility, and teamwork. It is our intention to create an environment where every student can reach their full potential, and develop their talents and skills in their game, and, more importantly, in life. Students who take additional levels of this course will be expected to advance upon their skills and curricular competencies, and further develop their leadership skills.

FITNESS & CONDITIONING 11/12 (Inside & Outside the Timetable)

This course satisfies the "Elective" graduation requirements

****Note:** This course is offered both inside and outside the regular timetable

In this course, students will know that their personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels. Students will understand how their bodies move and function which will lead them to stay safe during exercise. Furthermore, students will follow proper training guidelines and techniques in order to help them reach their personal health and fitness goals. Students who take both levels of this course will be expected to advance upon their skills and curricular competencies.

FOOTBALL 10/11

PREREQUISITE: Experience recommended

Grade 10 Football satisfies the "Physical Health and Education 10" requirement

Grade 11 Football satisfies the "Elective" graduation requirements

This course is designed to be an introduction to the game of American football, including football theory, strategy, techniques, and training, both in and off season. Students will learn the rules of the game, as well as offensive, defensive and special team strategies. Students will be expected to utilize critical thinking skills to develop and design systems and strategies. Students will learn how to use the personal equipment and be instructed in the safe use of the equipment during technical drills practiced during class time. In addition to contact drills, students will be expected to participate in non-contact drills and scrimmages. In the practical component of the course, students will learn technique in all aspects of the game including blocking, tackling, catching, kicking, and coaching. An emphasis will be placed on both individual contributions to a team as a community and the development of team skills. In the theory component, students will study the history of both the American and Canadian games. A significant portion of this course will be on the prevention and care of football-related injuries. The focus will be on experiential learning, connecting and engaging with others, and fostering self-regulation, and positive personal and cultural identity. Students who take both levels of this course will be expected to advance upon their skills and curricular competencies, and further develop their leadership skills.

HUMAN KINETICS 12

This course satisfies the "Elective" graduation requirements

Human Kinetics is a course designed for the student who is thinking of pursuing a career in either medicine, physiotherapy, physical education, nursing, or personal training. This course is designed for the student who want to learn more about health sciences and how the body works. Human Kinetics will give students a head start in either your post-secondary education, your personal health, or your athletic performance. In this course, students will learn all the anatomical structures that contribute to the body's kinetics, and will understand how to apply this information to real life goal setting, and injury prevention and rehabilitation. Students will learn exercise science principles and apply these principles to personal fitness plans. Furthermore, students will take a hands-on approach to learning by demonstrating multiple taping and injury prevention techniques.

MOUNTAIN BIKING 11/12

This course satisfies the "Elective" graduation requirements

Mountain Biking 11/12 will enable students to develop Mountain Biking skills and knowledge from an intermediate level to an advanced level. The class will build on a variety of sport specific movements, skills, systems, and strategies related to mountain biking focusing on the fundamentals of the sport. Students will be able to:

- Ride with knowledge of upcoming terrain and maintaining a safe riding pace.
- Use consistent Position & Balance skills through the 'Climbing', "Neutral" and "Ready" Positions, combined with a good range of movement.
- Consistently maintain an efficient cadence and straight chain line.
- Brake without skidding on loose terrain, using both brakes.
- Climb (riding uphill) and descend (riding downhill) on technical, single track (beginner and intermediate) terrain.
- Ride on banked and flat corners on various terrain surfaces.
- Maintain chosen line (trail to be ridden) in technical (rooty/rocky/uneven) terrain.
- Learn how to use front & rear wheel lifts – standing (to navigate rooty/rocky/or uneven terrain)

The sport of mountain biking calls for a wide variety of skills such as agility, balance, and focus. It requires both upper and lower body strength and cardiovascular fitness. It also demands a strong mind, as well as critical-thinking and decision-making skills. It develops an ethic of self-discipline and self-care. Students may travel to competitions which could include traveling to the West Coast, the United States, and the BC Mountain Biking Provincials (TBA).

OUTDOOR EDUCATION 11: (Outside the Timetable)

This course satisfies the "Elective" graduation requirements

****Note:** This course is offered outside the regular timetable

This course will provide an atmosphere that crackles with excitement, enthusiasm, and wonder. It will provide training in a variety of outdoor pursuits. The course will involve many activities outside of school including: backpacking, survival, camping, rock climbing, lake and ocean kayaking, plus more. Earn first aid certification, and Paddle Canada's Level 1 Sea Kayaking award. Students will be evaluated using a variety of approaches, including personal journals, skill presentations, reports, class projects, and practical camp situations. This class is a fun opportunity to meet new people while trying new sports. All that is needed is a positive attitude and willingness to push your limits. Students may take this course in grade 10, 11, OR 12.

OUTDOOR EDUCATION 12: (Outside the Timetable)

This course satisfies the "Elective" graduation requirement

****Note:** This course is offered outside the regular timetable

This course provides an opportunity for students to explore their interest in various aspects of outdoor education and leadership. Students will develop outdoor leadership skills including group management through simulated emergencies, as well as by implementing risk management principles by organizing, planning, and executing outdoor education trips. Students will be given the opportunity to practice outdoor leadership skills with peers providing support and feedback. Students will be given the opportunity to learn and demonstrate leadership in many outdoor situations; from organizing and planning trips in the classroom to leading peers in a game after a day's activity around a campfire. In addition, students will have opportunity to further refine their skills in various outdoor activities such as camping, cross country skiing, kayaking, rock climbing, and backpacking. Students who are willing to push their personal comfort zones will get the most out of this course. Students may take this course in grade 11 OR 12.

PHYSICAL EDUCATION 11/12

This course satisfies the "Elective" graduation requirement

In this course, students will understand that finding enjoyable recreational activities is an important part of overall health and well-being. Students will also recognize that safety and injury prevention practices allow for lifelong participation in physical activities. Students will participate in a number of activities which will aid them in developing healthy emotional and mental well-being beyond high school. Students who take both levels of this course will be expected to advance upon their skills and curricular competencies.

VOLLEYBALL 10/11: (Outside the Timetable)

PREREQUISITE: Experience Recommended

Volleyball 10 satisfies the "Physical and Health Education 10" graduation requirement

Volleyball 11 satisfies the "Elective" graduation requirement

Note: This course is offered outside the regular timetable
This class will provide advanced training to improve play in the game of volleyball. The class will cover the various skills of volleyball including attacking, blocking, setting, defense, passing, and serving. Discussion will also include training techniques in practice, coaching strategy, officiating, nutrition, and outdoor volleyball. An emphasis will be placed on both individual and team skills. Students who take both levels of this course will be expected to advance upon their skills and Curricular competencies, and further develop their leadership skills.