
Physical Education

PHYSICAL EDUCATION 8

This course will introduce students to a wide variety of sporting, recreational, and fitness activities enabling them to further develop their fundamental movement skills and contribute to their physical growth and development. Students will also have the opportunity to participate in alternate environment activities to build their understanding and appreciation for the components of active living for life. In addition, students will also learn how to use active technology while measuring personal fitness levels and creating individualized goals to develop a functional level of fitness. These educational experiences will allow each student to learn and understand their DPA requirements, how to successfully achieve them and how to construct their own answer to the central course question of “What does Physical Education mean to me?”



PHYSICAL EDUCATION 9

This course is a continuation and progression of PE 8 with more attention given to active leadership roles and personalized learning experiences. In addition, students are provided opportunities to participate in alternate environment activities through fieldtrips which may include skating, martial arts, self-defence, table tennis, and bowling. This course will continue to introduce and explore various ways for each student to meet their DPA requirements and enable them to answer the central course question of “What have I learned through Physical Education?”

PHYSICAL EDUCATION 10

The PE 10 course builds upon PE 9, enabling students to further advance their fundamental movement skills while being introduced to new opportunities to be physically active for life. As well, this course introduces more community connections with professional partners which may include tennis, golf, nutrition tours, hip hop dance, zumba, yoga, and CPR/First Aid certification. To help students develop their answer to the central course question of “What does it mean to be Physically Educated?” students will reflect upon their educational experiences and the different senior PE courses offered to see how they may fit into their individual healthy living plan.

PHYSICAL EDUCATION 11 – TEAM GAMES

This course progresses from the PE 10 program and offers students the chance to participate in a wider variety of sporting and recreational activities. This senior PE program combines aspects of the junior program with an increasing focus on lifelong recreational pursuits. Based on the individual Healthy Living Plan from PE 10, this course is a good choice for those who enjoy actively participating in individual/team sports, recreational and/or competitive activities, and class field trips which may include bowling, snow tubing, snowshoeing, kayaking, indoor rock wall climbing, the Grouse Grind, and lazer tag. Students are provided with leadership opportunities throughout this course such as planning and running activities of their choosing in class, visiting a junior PE class to lead activities, and with teacher approval, students may visit a local elementary school to run low organized activities/games with the students. With active participation in this course, students will be able to successfully complete their DPA requirements (per semester).

PHYSICAL EDUCATION 11 – GIRLS FITNESS

This course focuses on fitness, recreational activities, and health related topics of specific interest to young women. Topics explored include self-esteem, nutrition, stress management, weight loss, eating disorders and healthy lifestyles. Students are offered opportunities to participate in a wide variety of physical and leisure activities which may include Pilates, yoga, zumba, modern dance, minor games, and hiking as well as lifelong sports such as tennis, badminton, and golf. In addition, students will develop a personalized fitness and lifestyle routine targeting their interests and goals. This course is a good choice for female students who prefer recreational activities over competitive activities and learning about topics related to their health and well-being. Students are provided with leadership opportunities throughout this course such as planning and running activities of their choosing in class, visiting a junior PE class to lead activities, and with teacher approval, students may visit a local elementary school to run low organized activities/games with the students. With active participation in this course, students will be able to successfully complete their DPA requirements (per semester).

WEIGHT TRAINING 11

This course is a good choice for students wanting to learn how to train and improve their physical fitness levels including: muscular strength/endurance, flexibility, cardiovascular endurance, speed, balance, power, and agility. The majority of the course will take place in the weight room with periodic classroom sessions covering a number of topics including human anatomy, physiology of exercise, nutrition, performance supplements, goal setting, and the basics of individual program design. As well, students will learn the basics of the different types of training equipment, weight room etiquette, training techniques and safety in the weight room. With active participation in this course, students will be able to successfully complete their DPA requirements (per semester).

PHYSICAL EDUCATION 12 – TEAM GAMES

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WEIGHT TRAINING 12

This course progresses from Fitness and Conditioning 11 with students advancing their knowledge and practical experiences in a weight room setting. Students will learn new topics such as advanced training and conditioning styles, advanced program planning, individual fitness assessments with prescriptive exercises, weight training supplements, and more. In addition, students will have the opportunity to lead class warm ups, exercise sessions, as well as mentor other students. By the end of this course students will know train the different components of their fitness levels based on their interests and goals. With active participation in this course, students will be able to successfully complete their DPA requirements (per semester).