

Physical Education/Health

Did you Know:



- That your interest and strong involvement in **Physical Education** can point you in the direction for university studies in: Physical Education, Recreation Studies and Physiotherapy to name a few.

Introduction

All students will be given the opportunity to, and be encouraged to, participate in a variety of physical activities and sports. These activities should provide an environment that can help to develop a more positive self image. Students should achieve a good foundation for a healthy lifestyle in the future through the development of related social and physical skills.

The curriculum will introduce 5 concepts. They are Fitness Management, Movement, Safety, Healthy Lifestyles and Personal and Social Management.

Physical Education/Health 10G

1 credit

Compulsory

The 10G P.E. course is a compulsory core credit which is evaluated in four areas, each area being worth 25%. The four sections are skills, fitness, health and attitude and effort.

Supplies: running shoes, T-shirt and/or sweatshirt, athletic shorts and/or sweat pants.

Senior 1 Health topics may include:

- puberty and adolescence
- heart rate zones
- fitness principles
- fitness components
- muscular system
- responsible sexual decisions
- S.T.I.'s
- Drugs & alcohol

Senior 1 activities for movement & fitness management may include:

*soccer *football *ultimate frisbee
*volleyball *basketball *lacrosse
*badminton *x-country skiing
*fitness concepts *broomball
*heart rate monitors *fitness
*developing personal fitness plans
*wall climbing

Physical Education/Health 20G

1 credit

Compulsory

Supplies: running shoes, T-shirt and/or sweatshirt, athletic shorts and/or sweat pants.

The 20G P.E. course is a compulsory core credit which is evaluated in four areas, each area being worth 25%. The four sections are skills, fitness, health and attitude and effort.

The Health Ed. topics covered include:

- total health and wellness
- fitness principles
- drug education
- decision making/goal setting
- addictions (alcohol, gambling and drugs)
- family life (condoms, teen pregnancy, birth control, abstinence)
- alcohol use and abuse

The activities covered in this course may include:

*archery *badminton *football
*golf *tennis *Wt. Training
*aerobics *basketball *fitness
*softball *soccer *broomball
*ultimate frisbee *volleyball
*x country skiing

- *heart rate monitors
 - *fitness components
 - *developing fitness programs
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Physical Education 30G & 40G

1 credit

The Grade 11 & 12 courses will follow the new curriculum where a Grade 11 & 12 Physical Education credit is compulsory. Students will have approximately 25% compulsory in class time 50% compulsory moderate to vigorous exercise that is agreed upon by instructor, and 25% elective gym/leadership/volunteer activities that can be community based or school based. A portfolio evaluation will conclude the course. No percentage mark is given.
