

# Physical Education SPR

Course Selection

# Health and Physical Education 10

- ▶ Recommendation: Successful completion of H + PE 9
- ▶ The focus of this course is to do things that are more individual/small group based. Activities include track and field, golf, badminton, tennis, archery and fitness.
- ▶ Health units are Systems of the Body, Nutrition, Fitness and Conflict Resolution.

# Wellness 110

- ▶ The goal of this course is to promote healthy active living for life. Students will be active in the fitness room, gym and outdoors.
- ▶ As part of the course, they will be expected to create and implement a personal healthy active living plan.
- ▶ The course will focus on all the dimensions of wellness and encourage a healthy, balanced lifestyle.

# Outdoor Education 110

- ▶ The course will develop personal outdoor recreation skills based on environmental ethics. Students must complete a series of out-trips that may take more than one period, including a couple of overnight camping trips. The course will take advantage of our local resources and will include camping, hiking, canoeing and other outdoor adventure activities. Students must be prepared to go outside in a variety of weather conditions.
- ▶ Students will be responsible to plan, lead, and evaluate their outdoor experiences. Students must have a teacher complete a student evaluation screening form prior to admission in the course. These forms will be in the office at course selection time. A fee will be charged for this course upon acceptance. This pays for some trips as well as other consumables throughout the year.

# Leadership Physical Education 120

- ▶ This course is an elective one for students with special interest in physical activities and healthful living, combined with a desire to develop leadership skills which will enable them to help in the community. This course consists of units in management of athletic events, teaching, coaching, officiating, sports in contemporary society and selected health topics.
- ▶ As a member of the PE 120 Leadership Class, each student will be expected to complete some volunteer work, outside of school time, that make our school or our community a better place. These hours place the students in a responsible role throughout the community, helping them better understand the need for leaders and their individual potential as leaders.