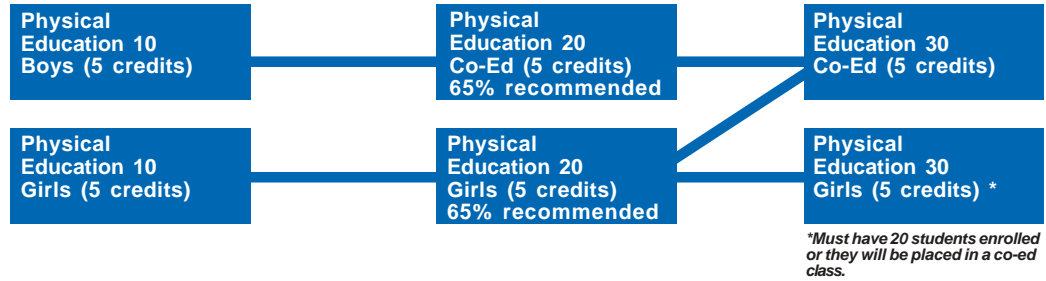


The aim of the Physical Education program is to develop physical fitness and motor skills, which will carry over into adult life. Strong and active bodies help create a better overall quality of life.

physical education

Physical Education Program



grade 10

grade 11

grade 12

Note: Students can earn credit in only one Physical Education course at each grade level.

Sports Education

Hockey or Soccer (Semester course - scheduled)
 High Performance Strength & Conditioning (Evening credit course - winter)



*Fitness, Health, Recreation & Leisure Studies



*May be taken at any grade level.

Physical Education

Physical Education courses help to develop physical fitness and motor skills, which carry over into adult life. Aims of Physical Education are to develop:

- * A wholesome interest in physical and recreational activities for wise and constructive use of leisure time.
- * A strong and active body with knowledge of soundly functioning body systems.
- * An ability to socialize and interact with others in a variety of settings.
- * Exposure to life-long skills and activities.

In addition to core Physical Education, courses in Sports Performance, fitness, health, recreation and leisure studies are provided through school athletics programs and the Paul Kane Fitness Centre. These courses provide students an opportunity to further develop their interests and abilities in related areas and afford flexibility for students in building a course timetable.

Note: Students can earn credit in only one Physical Education Course at each grade level.

Sports Education

Hockey or Soccer (Semester course – scheduled)
High Performance Strength & Conditioning (Evening credit course – winter)

*May be taken at any grade level

Physical Education 10 (5 Credits)

This is a compulsory course for High School graduation. It is offered in boys' and girls' classes in each semester. Aquatics, track and field, fitness training, individual pursuits and a variety of games are a focus in this course.

Physical Education 20 (6 Credits)

-includes Outdoor Education Module

A \$40/student will be invoiced with school fees, to cover transportation, admissions and rentals. This class is offered in co-ed (mixed) groupings and female-only classes. Leadership, aquatics, track and field, fitness training, individual pursuits and a wide variety of games are a focus in this course. A number of short excursions and day-trips are scheduled. A sixth course credit is earned for successful completion of Outdoor Education.

Physical Education 30 (6 Credits)

-includes Outdoor Education Module

A \$60 per student fee will be invoiced with school fees to cover transportation, additional supplies, admissions and rentals. Students explore and experience a wide variety of physical activities with a focus on leadership. Numerous excursions enhance the program. One credit is earned for successful completion of the Wilderness Survival Excursion.

Sports Education 15, 25, 35 Hockey Academy (5 Credits)

Students are charged \$295.00 fee. This is offered in Semester 1 as a scheduled course [Mondays: 12:15 – 1:20 p.m. (off ice) and Tuesdays and Thursdays: 1:30 – 3:30 (on ice)]. The hockey program is two days on ice and one day off ice. The goal of the Paul Kane Hockey Academy is skill development. The students in this program are working specifically on skating, shooting, passing, stick handling, tactics, and strategies. They will also learn proper strength and conditioning, nutrition and mental techniques for the sport of hockey. Players registered in the course are required to pay a fee to offset the cost of ice time and buses. This is not a school hockey team; therefore the material learned in this course will help them become better players on their minor hockey or junior teams.

Soccer (10 Credits)

Students are charged \$500.00 fee. The soccer academy will be running in both semesters this year and offers a program at both the junior and senior level. During each week of the soccer academy, players will participate in both on field training sessions and in class lectures. The intent of the soccer academy is for the serious soccer player to improve their technical level of play as well as their tactical understanding of the game. Those athletes registered in the Paul Kane soccer academy can also expect instruction in the areas of nutrition, soccer specific strength and conditioning, sport psychology, injury prevention and athletic taping, and coaching practices. Players will also benefit from several guest

coaches that bring provincial, national, and international experience to our academy.

The Paul Kane soccer academy is a 10 credit course, combining Sports Education 5 credits with their grade specific (PE10/20/30) Physical Education course for the other 5 credits. It is expected that athletes enrolling in the soccer academy will not register for the PE 10 summer school course.

Personal Fitness I, II, III (3 Credits)

This course is offered to any student wishing to participate in the development and attainment of personal fitness goals in consultation with our certified fitness centre staff. The course combines theory and practical applications from three Career and Technology Studies (CTS) modules.

Group I –

CMH2080:	Respiratory System
CMH2090:	Circulatory System
CMH2100:	Musculoskeletal System

Group II –

CMH3080:	Digestive System
CMH3090:	Nervous/Endocrine Systems
CMH3100:	Mental Health

Group III –

CMH1080:	Perspectives on Health
CMH2110:	Complementary Therapies
CMH3110:	Advances in Medical Tech.

Sport Specific Fitness I, II, III (3 Credits)

This course is offered to athletes competing in a specific sport. The goal of this course is to offer

athletes an opportunity to learn how to train properly, specifically and safely for their individual sport. The training will focus on strength, endurance, speed, power and agility using a wide variety of proven techniques.

C.A.L.M.

General Information

Career and Life Management 20 is a compulsory course for all senior high students as well as a vital component of comprehensive school health education. The aim of the CALM course is articulated through three general outcomes: Personal Choices, Resource Choices and Career and Life Choices.

A fourth credit may be earned for successful completion of module CTR1310 (Career Directions Foundations: Portfolio). Instructions for this unscheduled course are provided on the development of a portfolio and students will have opportunities to review the composition, value and components of a portfolio. Portfolios:
> showcase student experience,
> help create a bridge beyond high school, and
> create an awareness of long range planning.

