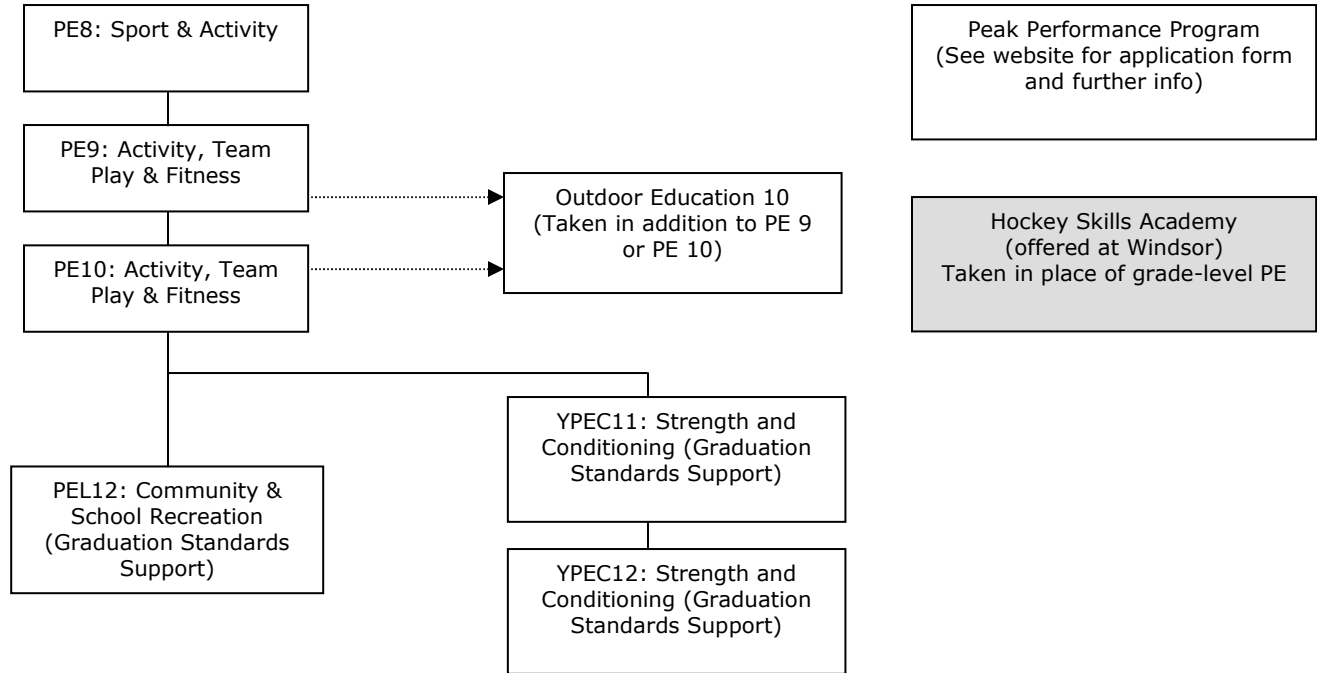


PHYSICAL EDUCATION

The Seycove Physical Education program strives to provide each student with opportunities to develop and maintain good physical and mental health. Our objective is to foster a positive outlook toward physical activity and a healthy lifestyle. We offer a wide variety of meaningful and enjoyable learning experiences that the student can use in his/her adult years. Through a challenging and active program we hope that our students will develop a concern for healthy living and will recognize and accept responsibility for their personal health. The senior PE courses will allow students to complete the physical health graduation requirement.



PHYSICAL EDUCATION

Related Focus Areas: Fitness and Recreation

COURSES

PE - Outdoor Education 10 (YPROA)

Supplemental Fee: \$125

Outdoor Education is a Grade 10 graduation credit (taken in either Grades 9 or 10) that provides enrichment to Physical Education through outdoor experiences. This course will schedule adjacent to a PE9/10 class. All Outdoor Ed students will take their PE 9/10 class together. This program offers many challenging and safe opportunities for personal growth and fitness through cooperation, leadership, and individual successes. Activities may include overnight camping trips, canoeing, rock climbing, hiking, water safety, snowshoeing, cross-country skiing, orienteering, and first aid training. Personal and social responsibility of students is essential for success in the course and consequently students must have demonstrated a willingness to cooperate and to respect the need for safety guidelines. The supplemental fee covers the cost of all student outings. Some bursaries, based on financial need, are available upon application.

PE - Physical Education 9 (PE9)(Activity, Team Play & Fitness)

Supplemental Fee: \$30

Physical Education 9 promotes student participation in a variety of physical activities incorporating movement, fitness and personal and social responsibility. The following aspects of physical activity are stressed: active participation, movement, a positive attitude towards physical activity, fair play, rules of etiquette, and fitness. The supplemental fee covers optional field trips, presentations and guest instructors that enhance the curriculum.

PE - Physical Education 10 (PE10)(Activity, Team Play & Fitness)

Supplemental Fee: \$30

*Graduation Standards support...*150 minutes DPA of moderate, vigorous or adapted activity.*

The Grade 10 program builds upon the foundation established at the junior level and is a graduation requirement. It offers a variety of athletic and leisure activities, including team and individual sport that encourages the enjoyment of being physically active. Cardiovascular conditioning continues to be developed along with relevant aspects of health. Field trips will allow students to visit local leisure and sport facilities. The supplemental fee covers optional field trips, presentations and guest instructors that enhance the curriculum. *PE 10 students will have the option of participating in a ski/board trip to Whistler/Blackcomb.*

PE - Physical Education 11 (YHRA1A)(Strength and Conditioning)

Supplemental Fee: \$35

*Graduation Standards support...*150 minutes DPA of moderate, vigorous or adapted activity.*

In this new course students will learn the foundations to design a personalized fitness program, which they will use throughout the school year. This course is individually tailored to each student. If you are an athlete who plays an individual or team sport, or if you just want to lead a more physically active lifestyle, this course will provide you the foundations to develop a program that suits your individual goals. Students will learn a variety of speed and endurance techniques as well as weight training techniques. Field Trips into the community will allow students to visit local leisure and sport facilities. The supplemental fee covers optional field trips, presentations and guest instructors that enhance the curriculum.

PE - Physical Education 12 (YHRA2A)(Strength & Conditioning)

Supplemental Fee: \$35

*Graduation Standards support...*150 minutes DPA of moderate, vigorous or adapted activity.*

This course is designed for students to safely enjoy the benefits of personal fitness. It allows students to build on what they have learned in Strength and Conditioning 11 and enable them to develop their own training program based on personal fitness goals. Students will utilize school and community facilities and learn to incorporate these facilities into personal fitness programs. Students develop a variety of speed and endurance and weight training techniques. The supplemental fee covers optional field trips, presentations and guest instructors that enhance the curriculum.

PHYSICAL EDUCATION

PE - Physical Education 12 (PE12)(Community & School Recreation) Supplemental Fee: \$75

*Graduation Standards support... *150 minutes DPA of moderate, vigorous or adapted activity.*

The goal of Physical Education 12 is to provide students with the opportunity to participate in a variety of indoor and outdoor lifetime sports and leisure activities in alternate settings. The course encourages personal growth, an opportunity for leadership, and the development of a healthy lifestyle in a cooperative and safe environment. PE 12 is a blended course that over a two week cycle will encompass an organizational meeting, an in-school activity, a two hour field trip (over lunch) and a self directed fitness component. Completion of these components will fulfill the 80 hour physical health graduation requirement. Students may be responsible for arranging their own transportation to and from some activities. Seycove School vans may be driven by the teacher for students (space is limited). The supplemental fee covers field trips and programs.

Peak Performance Program

See page 59 for more information or visit <http://www.nvsd44.bc.ca/Programs.aspx> and <http://www.nvsd44.bc.ca/SchoolSites/Seycove/Peak%20Performance%20Program.aspx>

PE - Hockey Skills Academy

External Fee

[Offered at Windsor, open to Seycove Students in Grades 8-12]

This is a unique program that replaces a student's regular PE course and offers 60+ hours of on and off ice instruction. There is no minimum skill requirement as skill development is the main objective of this course. Students will earn their grade equivalent PE credit upon successful completion of the program. Students will fulfill Seycove PE requirements while participating in this course. Weight training, minor games and fitness testing as well as other PE activities have been integrated into the program. Grade 11 and 12 students will be required to complete community service hours in hockey related activities as part of their course requirements. Students must supply their own equipment including stick, helmet with full face protection and neck guard.

Applicants must submit the following two completed forms to Mr. Steve Martin (at Windsor Secondary).

Hockey Program Medical Form

Hockey Program Registration Form

These forms can be downloaded off: www.windsorsecondary.ca

Applicants must also indicate clearly on their programming sheet that they wish to take Hockey Academy.

For students not attending Windsor Secondary, please contact your counsellor for initial information and to indicate your desire to enrol in this program.

Registration requires BOTH FORMS to be submitted.

Contact Mr. Martin at Windsor Secondary School for more details.

This course is part of the Hockey Canada Skills Academy™. Supplemental Fee in 2010-11 is \$175 per month.

For more information, visit: www.windsorsecondary.ca

Deadline for Application:

March 5, 2010

It is the responsibility of the student to submit their forms directly to Mr. Steve Martin at Windsor Secondary.

Phone: 604-903-3700

Fax: 604-903-3701

