

Physical & Health Education Course Descriptions

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Grade 8

Physical & Health Education 8

This course will introduce students to a wide variety of topics related to healthy living and support them in learning more about themselves, others, and their community. Through physical activity experiences, students will build upon and develop their physical literacy levels; explore and reflect on their personal preferences and motivating factors to participating in physical activity; and learn how different types of physical activities contribute to their health and well-being. Students will also be introduced to a variety of health-related topics and explore their influences on health and well-being such as nutritional patterns and choices, sleep patterns, stress levels, healthy relationships, self-esteem, identity, and more. [Enhancement activities may include: dance, inline skating, ice skating, swimming, circus school, etc.](#)

Grade 9

Physical & Health Education 9

This course builds upon the learning experiences from the PHE 8 class and enables students to continue to develop and enhance their physical literacy levels; explore in greater depth and in new ways how physical activities can support the health and well-being of themselves and others; and explore a range of factors that influence personal health decisions while considering the potential influences on themselves and others. [Enhancement activities may include: dance, martial arts, inline skating, ice skating, swimming, etc.](#)

Grade 10

Physical & Health Education 10

This course combines the learning experiences from the PHE 8 and 9 classes to enable students to continue developing and enhancing their physical literacy levels through a variety of physical activity opportunities and experiences at school and in the community. through experiences in pursuing personal goals; exploring personal and social factors and their influences on health-related decisions; and learning about various health-based resources and services in their community and how to access them. [Enhancement activities may include: dance, ice skating, CPR certification, swimming, golf, etc.](#)

Physical & Health Education 10: Keep Fit

This course is an option for students who are looking for a PHE 10 class that is not sport driven. This course focuses on the healthy and active living and mental well-being aspects of PHE 10. Students will participate in the same field trips and guest experiences as PHE 10, however, this program is focused more on personal fitness and wellness. [Activities may include: yoga, pilates, weight training, Zumba, dance, hiking, meditation, along with the regular PHE enhancement activities of: ice skating, CPR certification, golf, and swimming.](#)

Grades 11/12

Active Living 11/12

This course is **sport driven** and provides students with a continued opportunity to participate in a variety of competitive physical activities during the school day, while adding new activity opportunities in the community, such as [hiking, kayaking, rock climbing, go carting, tubing, cross country skiing, sailing, ropes course, snowshoeing, and more.](#) Students will develop and demonstrate skills needed to plan, lead and safely participate in organized competitive events and other preferred physical activities.

Active Living 11/12: Keep Fit

This course focuses on personal fitness and wellness. [Activities may include: yoga, pilates, weight training, Zumba, dance, hiking, meditation, meditation, HITT workouts, step aerobics, weight training, etc.](#) Students will also learn about human anatomy, nutrition, exercise techniques, training styles, exercise programming, and more to allow them to develop personalized goals related to their health and fitness. The goal of the class is for students to experience as many types of workouts as possible in a fun and relaxing atmosphere, and hopefully to inspire students to maintain a well-balanced, healthy active life.

Active Living 11/12: Lifestyle

This course is a more leisure oriented class that provides students with a continued opportunity to participate in a variety of physical activities during the school day, while adding new activity opportunities in the community, such as [hiking, kayaking, rock climbing, go carting, tubing, cross country skiing, sailing, ropes course, snowshoeing, and more.](#) Students will also explore the concepts of

recreation and fair play and learn how it can support and enhance a quality of life from both a sense of joy and a health and well-being perspective. Together, these experiences allow students to develop a deeper understanding of what healthy and active living means and looks like for them as individuals.

Fitness & Conditioning 11/12

This course focuses on principles of fitness and exercise and how to train the body for a variety of fitness purposes. Students will learn about human anatomy, nutrition, exercise techniques, training styles, exercise programming, and more to allow them to develop personalized goals and training programs to pursue those goals.

Fitness & Conditioning 11/12 AM

This course is the same as regular Fitness and Conditioning, but it starts at 7:30 – 8:30am and is good for students who want to have a free block in their timetable and are early risers.

First Aid Leadership 11/12

This course has been designed to help students learn and practice the basic skills of becoming a First Aid attendant. Students will receive industry recognized certification at the Emergency First Aid level (small cost for certification).

Students will be required to:

- Attend the first aid station during their class period and give first aid when needed
- Attend the once a week/flex time class
- Complete the first aid reference book through worksheets and quizzes
- Be able to competently perform all the practical exercises in class
- Provide first aid for events such as: Terry Fox Run and Toughest Rebels

This is an excellent opportunity for students to be able to use these qualifications to obtain valuable volunteer or paid positions within the community.

Students wanting to take the First Aid Leadership class need to complete and submit an application with Student Services.

PHE Leadership 11/12

This course allows students to learn about and apply leadership concepts and skills in a physical activity setting, such as small and large group instruction, organizing and running small group activities, communication and organization skills, and more. [Once a week](#) students will meet with the PHE Leadership teacher [during flex time](#) to learn about leadership concepts and skills to be applied in the PHE 8 or PHE 9 class they are paired with. [Students will also be involved in organizing and running big school events such as: Sports Day, Terry Fox Run and Toughest Rebels.](#) Students wanting to take the PHE Leadership class need to complete and submit an application with Student Services.