

## PHYSICAL EDUCATION AND HEALTH DEPARTMENT

### The department objectives are:

- ❖ To promote development of desirable social qualities;
- ❖ To provide opportunities for development of initiative and leadership;
- ❖ To help the student to develop and maintain a healthy body;
- ❖ To meet the general purpose of physical education.

### Physical Education

All students are required to participate.

A variety of activities is offered to help develop individual skills and to encourage group participation in recreational games, to promote personal enjoyment of sports as a spectator, and to develop various aspects physical fitness. The Physical Education program strives to develop individual physical fitness, a sense of belonging, good sportsmanship, body coordination, and self-confidence.

### Physical Education

### Grade 9-12 Required

Gr 9:

Gr 10

Gr 11-12

The following sports are part of the curriculum: Badminton/ Crab Soccer/ Floor Hockey/ Racquetball/ Net games/ Softball/Basketball/Flag Football ,Lacrosse/Tennis/ Soccer/ Coed Volleyball/ Flicker Ball/ Weight Training/ Physical Fitness Testing

### Health

### Grade 10 Required

The students are provided with information concerning the basic structure of the body and its functions. Students receive a basic knowledge of organic and functional disease and practical information relating to the prevention of disease. The course helps every student acquire good physical health habits and an understanding of the conditions necessary for maintaining physical and emotional well-being.

### Driver's Education

### Grade 10 Required

Driver Education is designed to help every student, regardless of their ability level and learning style, to become safe, responsible drivers.