

SCHOOL ATHLETICS

FALL SPORTS

- Baseball - Boys
- Basketball - Jr & Sr Girls
- Cross Country - Co-ed
- Field Hockey - Girls
- Football
- Golf - Girls & Boys
- Soccer - Jr & Sr Boys
- Tennis - Co-ed
- Volleyball - Jr & Sr Boys

WINTER SPORTS

- Basketball - Jr & Sr Boys
- Curling - Girls & Boys
- Hockey- Girls, Jr /Sr Boys
- Swimming - Co-ed
- Volleyball - Jr & Sr Girls
- Wrestling - Co-ed

SPRING SPORTS

- Badminton - Jr & Sr
- Cricket – Co-ed
- Rugby - Girls
- Rugby - Jr & Sr Boys
- Soccer - Girls A & B
- Soccer – Jr & Sr Boys
- Softball - Girls
- Track & Field-Co-ed
- Ultimate Frisbee-Co-ed

Play Run Jump

▶ GRADE 12

PSK 4U – KINESIOLOGY

▶ This course focuses on the study of human movement, and of body systems, in addition to factors and principles involved in human development. Students will learn about the effects of physical activity on health and performance, the evolution of physical activity and sport, and the physiological, psychological, and social factors that influence an individual's participation in physical activity and sport.

▶ Units of study may include: anatomy, physiology, biomechanics, nutrition, sports injuries, sport sociology, growth and development, and the history of sport.

▶ This course prepares students for university programs in Physical Education and Health, Kinesiology, Health Sciences, and Sports Administration.

▶ Prerequisite: Any Grade 11 or 12 course in Health and Physical Education, or any Grade 11 University or University/College preparation course in Science.

PAL 40 – HEALTHY LIVING AND LARGE GROUP ACTIVITIES

▶ This course focuses on fun activities that engage students to work together in team settings.

▶ Activities in this course may include; soccer, basketball, volleyball, badminton, floor hockey, handball, football, rugby and ultimate Frisbee.

▶ Health units students learn about healthy eating, mental health, substance use and sexuality.

▶ Students will be given the opportunity to build on individual and team skills and tactics as they apply to a variety of games.

PAF 40 - PERSONAL FITNESS

▶ This course focuses on the development of a healthy lifestyle. Students will participate in a variety of enjoyable physical activities with the emphasis on improving personal fitness components and levels.

▶ Activities in this course prepare students to design their own personal fitness programs, critique training programs, prepare healthy meals, participate in a learn walk/run program, and model some of the practices of a personal trainer.

▶ Prerequisite: None required but the completion of a previous personal fitness class would be beneficial.



Healthy Active Living



GRADE 9	GRADE 10	GRADE 11	GRADE 12
Healthy Active Living Female - PPL 10X	Healthy Active Living Female - PPL 20X	Large Group Activities Co-ed - PAL 30	Large Group Activities Co-ed - PAL 40
Healthy Active Living Male - PPL 10Y	Healthy Active Living Male - PPL 20Y	Outdoor Activities Co-ed - PAD 30	Personal Fitness Co-ed - PAF 40
	Personal Fitness Co-ed - PAF 20	Personal Fitness Co-ed - PAF 30	Personal Fitness Female - PAF 40X
		Personal Fitness Female - PAF 30X	Kinesiology PSK 4U



Get Involved—Participation!

CENTENNIAL CVI

Physical Education will

- Improve Strength & Endurance
- Improve Speed & Flexibility
- Improve Power
- Improve Body Composition



Taking Health and Physical Education gives you the opportunity to

- Develop Leadership Skills
- Develop Decision Making /Conflict Resolution /Communication Skills
- Increase self-esteem, confidence and the ability to cope with stress
- Develop a positive attitude
- Be active on a daily basis
- Develop personal life management skills
- Discover career opportunities

"PHYSICAL FITNESS IS NOT ONLY ONE OF THE MOST IMPORTANT KEYS TO A HEALTHY BODY, IT IS THE BASIS OF DYNAMIC AND CREATIVE INTELLECTUAL ACTIVITY." --JOHN F. KENNEDY

Work it Out!

▶ GRADE 9

PPL 10 - HEALTHY ACTIVE LIVING

- ▶ This course equips students with the knowledge and skills they need to make healthy choices now and lead healthy, active lives in the future. Students will develop knowledge and skills related to movement.
- ▶ Activities in this course may include: basketball, soccer, badminton, volleyball, rugby, football, ultimate frisbee, handball, and floor hockey.
- ▶ Health units will include sexuality, nutrition, substance use and abuse, and personal safety.
- ▶ In this course, students will employ strategies designed to develop goal setting to build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively.

▶ GRADE 10

PPL 20 - HEALTHY ACTIVE LIVING

- ▶ This course emphasizes regular participation in a variety of activities that promote lifelong healthy active living.
- ▶ Activities in this course may include: tchoukball, dodgeball, kickball, basketball, soccer, badminton, volleyball, rugby, football, ultimate frisbee, handball, and floor hockey.
- ▶ Health units will investigate issues related to human development, healthy eating, personal safety/injury prevention, and substance use & addictions.
- ▶ Student learning will include movement principles to refine individual skills and improve team tactics.

PAF 20 - PERSONAL FITNESS

- ▶ This course engages students in individual activities. The aim is for students to find activities that they will continue to pursue on their own.
- ▶ Activities in this course may include: strength training, running, biking, functional training, speed/agility training, boxing, zumba, yoga, pilates, and TRX exercises.
- ▶ Health units will examine body image, nutrition and the principles needed to design a personal core program.
- ▶ Emphasis will be placed on improving and maintaining personal fitness while learning correct form and technique.
- ▶ Outside school trips may include a visit to a local climbing gym, athletic facility or an organized hike/bike activity.



Careers in Physical Education

WORK

- Coach
- Swim/Ski/Dance Instructor
- Lifeguard
- Mail Carrier
- Personal Fitness Trainer
- Stunt Person

UNIVERSITY

- Athletic/Recreation Therapist
- Physical Education Teacher
- Fitness Consultant
- Sports/Health Promoter
- Sports Psychologist
- Rehabilitative Programmer
- Sports Program Manager
- Kinesiologist
- Facility Operations Manager
- Chiropractor or Physiotherapist
- Sports Historian
- Sports Journalist or Agent

COLLEGE

- Recreation Leisure Programmer
- Fitness and Health Promoter
- Sports Manager
- Coach & Sport Developer
- Massage Therapist
- Paramedic
- Sports Equipment Manager
- Sports Marketer
- Adventure/Tourism Manager

Just Do It!

▶ GRADE 11

PAD 30 – OUTDOOR ACTIVITIES

- ▶ This course focuses on the development of a healthy lifestyle & active participation in a variety of outdoor activities.
- ▶ Activities in this course may include: canoeing, biking, climbing, paddle design, snowshoeing, cross country skiing, orienteering, quinzee building, hiking, rock climbing and high ropes. Trips include a canoeing/camping trip, a biking/camping trip and a winter skiing/snowshoeing/camping trip.
- ▶ Health units will examine the components of a reproductive health, mental health, nutrition and personal safety.
- ▶ Students will be given the opportunity to practice goal setting, decision making, team building and the application of a variety of social and interpersonal skills.

PAF 30 – PERSONAL FITNESS ACTIVITIES

- ▶ This course focuses on improving and maintaining individual fitness levels.
- ▶ Activities in this course may include: weight training, running, yoga, pilates, interval training, functional training, agility/speed exercises, zumba, and boxing.
- ▶ Health units will examine reproductive health, mental health and personal safety. As well, students will explore an in depth study of individual nutrition and design a sports specific program. Field trips include visits to local athletic facilities.
- ▶ Students will be given the opportunity to build on their current fitness level in a safe and supportive environment. Students will access their own fitness levels through a variety of fitness test that target the components of fitness.

PAL 30 – HEALTHY LIVING AND LARGE GROUP ACTIVITIES

- ▶ This course focuses on participation in fun group centered activities.
- ▶ Activities in this course may include; tchoukball, kickball, dodgeball, soccer, basketball, volleyball, badminton, floor hockey, handball, football, rugby and ultimate frisbee.
- ▶ Health units will explore reproductive health, mental health, and personal safety.
- ▶ Emphasis will be placed on all inclusive participation in team settings.

