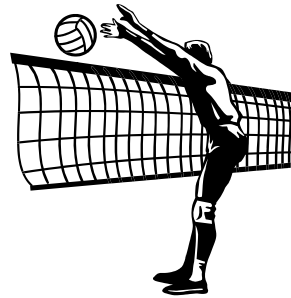
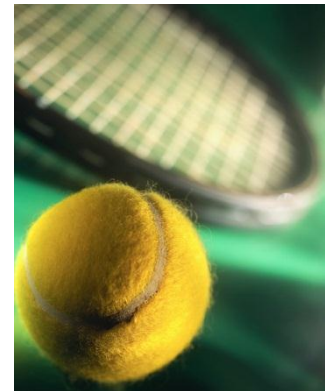


# Physical Education



# Physical Education 11/12

- ▶ Provides students with an opportunity to experience a wide range of athletic activities
- ▶ Emphasis on promoting healthy, active lives that stretch beyond high school
- ▶ An opportunity to participate in fitness classes designed by the YMCA
- ▶ An opportunity to gain knowledge in the physiology of exercise
- ▶ Explore careers in Physical Education



# Physical Education Leadership

- ▶ Designed to introduce and involve students in coaching, sports administration, officiating and intramurals
- ▶ Opportunity to gain knowledge through participation in leisure time activities
- ▶ ex. Broom ball
- ▶ Group activities such as soccer, basketball, volleyball, touch football...
- ▶ An opportunity to help organize special school wide events such as the Terry Fox Run, Alumni Basketball games and Sardis Strongman
- ▶ St John's First Aid certification



# Strength and Conditioning 11/12

- ▶ An opportunity to develop your own personal workout plan designed to meet your own unique goals
- ▶ A wide a variety of workout opportunities ranging from traditional weight training, Cross Training, Cardiovascular fitness and YMCA designed fitness programs
- ▶ An opportunity to learn about nutrition and pros and cons of exercise supplements



Before



After

Results may vary!!

# Physical Education Athletics: Soccer



- ▶ An opportunity for individuals to enhance their on field soccer skills
- ▶ Daily skill development focusing on the basics of the game
- ▶ An opportunity to use technology to study the biomechanics of striking the soccer ball (one on one sessions using video)
- ▶ Tactical awareness (study game film)
- ▶ Guest coaches (Chilliwack FC and University Level)
- ▶ Nutritionists, Psychologists and Agility Training
- ▶ **\*Application Required\*** (pick up at PE office)

