

Student Name: _____



Physical and Health Education Leadership – Grades 9 to 12

2025-2026

The Physical Education Leadership course is designed to provide an involvement for students that have a prospective interest in community recreation, fitness, physical education, coaching, and/ or personal appreciation, as a participant or volunteer, for the various leadership roles in society.

A percentage of the instruction will take place in the classroom, with the gymnasium, outdoors and other practical settings used to supplement course content. Part of the evaluation will be derived from participation in individual or group projects involving administration and organization within both the school and the community.

Curriculum:

The following BIG IDEAS will be met throughout the duration of the course.

Grade 9 Provincial Core Curriculum:

- 1) Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.
- 2) Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.
- 3) Healthy choices influence our physical, emotional, and mental well-being.
- 4) Healthy relationships can help us lead rewarding and fulfilling lives.
- 5) Advocating for the health and well-being of others connects us to our community.

Grade 10 Provincial Core Curriculum:

- 1) Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals.
- 2) Trying a variety of physical activities can increase the likelihood that we will be active throughout our lives.
- 3) Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being
- 4) Personal fitness can be maintained and improved through regular participation in physical activities.

Grade 11-12 Provincial Core Curriculum:

- 1) Physical activity is an important part of overall health and well-being.
- 2) Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity.
- 3) Safety and injury prevention practices allow lifelong participation in physical activities.

The program will include a variety of activities but with greater emphasis on developing students' personal athletic attributes in their given areas of expertise. To achieve this, activities will be organized around whole-class, small group, and independent programs.

These activities will help students develop positive attitudes towards a healthy, active lifestyle and promote personal growth and social responsibility both in the classroom and within the community. Students will gain knowledge to help them in future settings and to maintain a healthy lifestyle beyond the scope of the classroom. Sardis Secondary's P.E. Department stresses the importance and belief that all students will be included and expected to participate to the best of their ability.

Athlete Questionnaire:

What is your definition of leadership?

Think of a leader you know (sports, music, acting, politics, your community, your family). What characteristics do they have that makes them a leader from your point of view?

On a scale of 1-10 (1-Never to 10-100 % Yes), how comfortable are you speaking in front of your peers?

PE leadership is not a replacement PE course, therefore what compels you to elect to take **Leadership PHE?**

What are your long-term goals in terms of leadership?

What are your strengths as a leader?

What are your weaknesses as a leader?

What do you hope to learn by taking this course?

Please have your most recent PHE teacher complete the section B:

Section B: (COMPLETED BY CURRENT PHE TEACHER)

Name of School: _____

His or Her record of good standing, attendance, work habits is:

- Not meeting expectations
- Meeting expectations
- Exceeding expectations

Additional Comments: _____

Teacher Name _____

Teacher Signature _____

We have read and understood that Leadership PHE is a course designed to cater to the unique needs of students seeking to further the passion for sport while developing leadership skills. We understand that all participating students will receive quality instruction catered to the unique needs of each student based on the principles of life long physical activity and social responsibility. We also understand that entrance to this course is by application only and by filling out this application does not guarantee acceptance into the course.

Not all students will be selected into the Leadership PHE course. In order to be considered for the course, the above-mentioned items need to be handed in. Additionally, the applicant must be able to demonstrate that they are a ***student in good standing in relation to attendance, work habits, academics and conduct.***

Student Name _____ Student Signature: _____

Parent Name _____ Parent Signature: _____