

<p>Physical Education Golf Focused PE 9 Cohort</p>	MPHE-09GOL	Grade 9 Credits 0
<p>I would be interested in joining a golf focused cohort: Sessions at Pheasant Glen with an estimated cost of \$1200 which includes a weekday Jr. membership. (Please register with Pheasant Glen in the Pro Shop).</p>		
<p>Physical Education Hockey Focused Cohort 9</p>	MPHE-09HOC	Grade 9 Credits 0
<p>I would be interested in joining the hockey focused cohort with 2-3 ice sessions/week at an estimated cost of \$750 (Ice time, training and equipment).</p>		
<p>Physical Education Physical Education 9</p>	MPHE-09	Grade 9 Credits 0
<p>This course offers the students a wide variety of activities ranging from badminton to volleyball. It offers both individual and team oriented skills. The objectives of this course are: learn the rules and strategies of various team and individual sports. 2. demonstrate the skills involved in each activity with a minimum of competency as judged by the instructor. 3. develop a positive attitude towards physical education. Essential equipment requirements include the following::- Notebook- Appropriate athletic footwear- Shorts and t-shirt- Outdoor clothing.</p>		
<p>Physical Education Soccer 9</p>	MPHE-09SOC	Grade 9 Credits 0
<p>A Physical Education course focused on development of soccer skills and strategies.</p>		
<p>Physical Education KSS Golf program SEMESTER</p>	MPHEGOLKSS	Grade 10 Credits 4
<p>See other golf program descriptors. This course lasts for a single semester rather than for the full year.</p>		
<p>Physical Education KSS Outdoor Explorations</p>	KSSOE	Grade 10 Credits 8
<p>This half-day semester 2 program combines outdoor and multi-cultural experiences and leadership to earn 12 credits. The program will involve weekend activities as well as two blocks in your timetable. There is a fee attached to this program, entrance is via an application process as spots are limited.</p>		
<p>Physical Education PE 10-Distance Learning (CEAP)</p>	MPHED10DL	Grade 10 Credits 4
<p>Distance Learning Course</p>		
<p>Physical Education Physical Education 10</p>	MPHED10	Grade 10 Credits 4
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<p>Physical Education School of Golf 10, 11 or 12</p>	MPE--10GOL MACLV11GOL MACLV12GOL	Grade 10, 11, 12 Credits 4
<p>Grade 10-12 students should also select a CEAP DL course to take on off days. This course is linear in one block. The Golf School at Pheasant Glen will satisfy the needs of the dedicated golfer that strives for the highest level of golf possible. This year long course will provide golf swing instruction by a PGA professional as well as lessons in golf etiquette, course management and tournament play. Students will also be introduced to the operations side of the golf world with instruction in tournament management, retail sales and golf resort management. The school of Golf at Pheasant Glen is open to boys and girls, grades 8 -12. It is important to note that this is for serious candidates only and will have a focus on opportunities to play at the highest possible level as well as opportunities in the recreational and related careers.</p>		

Physical Education School of Golf 10, 11 or 12

Grade 10-12 students should also select a CEAP DL course to take on off days. This course is linear in one block. The Golf School at Pheasant Glen will satisfy the needs of the dedicated golfer that strives for the highest level of golf possible. This year long course will provide golf swing instruction by a PGA professional as well as lessons in golf etiquette, course management and tournament play. Students will also be introduced to the operations side of the golf world with instruction in tournament management, retail sales and golf resort management. The school of Golf at Pheasant Glen is open to boys and girls, grades 8 -12. It is important to note that this is for serious candidates only and will have a focus on opportunities to play at the highest possible level as well as opportunities in the recreational and related careers.

MPE--10GOL
MACLV11GOL
MACLV12GOL

Grade 10, 11, 12
Credits 4

Physical Education SD69 Hockey Program 10, 11 or 12

Students are on-ice three times a week, have an academic catch up day (due to a small amount of lost class time) and are involved in strength training/core and other PE activities on the other day. This is open to students Grades 8-12 who train together in a coed format. The cost of the program is \$750 and students need to supply their own equipment. They are bussed to and from the rink and gear is stored at the school in the interim. ***Note: SD69 cannot transport hockey gear on regular school busses as per Transport Canada. Students who are interested in developing skills such as Skating, Passing, Puck Control, Shooting, and Checking should take this program as they get many repetitions and focused feedback from professional instructors. There is a dedicated goalie instructor, as well. There is a strong emphasis on small area games and utilizing quick puck movement to players moving into space. Students are on the ice for approximately 55 hours.

MPE--10HOC
MACLV11HOC
MACLV12HOC

Grade 10, 11, 12
Credits 4

Physical Education Active Living 11

This course provides experiences for students which will help to open up avenues of interest in recreational and service activities in the community. This course requires a high degree of maturity, responsibility and organizational ability. The Big Ideas: Physical activity is an important part of overall health and well-being. Finding enjoyable activities can motivate people to participate more regularly in physical activity. Safely participating in activities and avoiding injury can sustain lifelong physical activity. Preparation and organization helps people engage more regularly in physical activity.

MACLV11

Grade 11
Credits 4

Physical Education Active Living 11-Distance Learning Course (CEAP)

MACLV11DL

Grade 11
Credits 4

Physical Education Active Living 12

This course provides experiences for students which will help to open up avenues of interest in recreational and service activities in the community. This course requires a high degree of maturity, responsibility and organizational ability. The Big Ideas: Physical activity is an important part of overall health and well-being; Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity; Safety and injury prevention practices allow lifelong participation in physical activities.

MACLV12

Grade 11
Credits 4

Physical Education Active Living 12-Distance Learning (CEAP)

Distance Learning Course

MACLV12DL

Grade 12
Credits 4

Physical Education Basketball

Basketball will provide students with comprehensive information about the principles of basketball. In this course students will learn the value of fitness and movement as it pertains to the game of basketball. Introductory units will deal specifically with conditioning and weight training. Individual fundamental skills will be the backbone of this course. Team dynamics, goal setting and leadership will be addressed through guest speakers and presentations. Offensive and defensive systems of play will bring the students learning outcomes to the fore front as well as the ability to break different presses.

YLRA-1C

Grade 11
Credits 4

Physical Education Fitness and Conditioning 11

This course is designed for students who are more serious about improving their physical fitness through things like strength training or more intensive cardio. Fitness and Conditioning teaches students about the basics of anatomy, proper nutrition for training, and how to work out different parts of the body to train for different activities. This course is somewhat more specialized than Active Living 11 and 12 and would likely require access to specific equipment and facilities.

MFTCD11

Grade 11
Credits 4

Physical Education Soccer Development 11

A focus on the development of soccer skills and strategies.

YLRA-1D

Grade 11
Credits 4

Physical Education Volleyball

Volleyball will provide students with comprehensive information about the principles of volleyball. In this course students will learn the value of fitness and movement as it pertains to the game of volleyball. Individual fundamental skills will be the backbone of this course. Team dynamics, goal setting and leadership will be addressed through guest speakers and presentations. Offensive and defensive systems of play will bring the student learning outcomes to the fore front.

YLRA-1F

Grade 11
Credits 4

Physical Education Fitness and Conditioning 12

This course is designed for students who are more serious about improving their physical fitness through things like strength training or more intensive cardio. Fitness and Conditioning teaches students about the basics of anatomy, proper nutrition for training, and how to work out different parts of the body to train for different activities. This course is somewhat more specialized than Active Living 11 and 12 and would likely require access to specific equipment and facilities.

MFTCD12

Grade 12
Credits 4