

# PHYS-ED PATHWAY

If you are interested in taking phys-ed courses at SJB, there are numerous options available that may appeal to you! We offer phys-ed courses that include a variety of **SPORTS** in grade 9 and 10 for girls and boys, and co-ed in grade 11 and 12. We offer **FITNESS** courses from grade 10-12 for girls and boys. We also offer co-ed **FOCUS** courses; basketball in grade 10 and 11, and soccer in grade 11. If you are interested in leadership and community building, we offer **RECREATION AND LEADERSHIP** course in grade 12. If you are interested in the human body and movement we also offer the **KINESIOLOGY** course in grade 12. See below for course codes and more information!

## GRADE 9

### **PPL1OB / PPL1OG (Grade 9 boys / girls)**

- Variety of sports
- Intro. to fitness
- Health component

## GRADE 10

### **PPL2OB / PPL2OG (Grade 10 boys / girls)**

- Variety of sports
- Intro. to fitness
- Health component

### **PAF2OB / PAF2OG (Introduction to Fitness boys / girls)**

- Complete fitness regimen
- Learn basic principles for a variety of ways to stay fit, including: fitness centre sessions (how to use equipment and weights properly), TRX, circuits, Tabata, body bars...
- Health component

### **PAL2O1 (Grade 10 Basketball Focus Course)**

- Chance to improve on overall game in a fun and energetic environment
- Fitness component – both general and sport specific
- Focus on game specific strategies for both offense and defense
- Game Time- full-court and modified games that will complement skills learned and add to the fun!
- Health component

## GRADE 11

### **PPL3O1 (Grade 11 co-ed)**

- Variety of sports
- Basic Fitness
- Health component

### **PAF3OB / PPL3OG (Fitness - Grade 11 boys / girls)**

- Focus on overall fitness with programming including: Fitness centre sessions, TRX, circuits, tabata...
- Developing your own training regimen
- Health component

### **PAL3O1 (Grade 11 Basketball Focus Course)**

- Chance to improve on overall game in a fun and energetic environment
- Fitness component – both general and sport specific
- Focus on game specific strategies for both offense and defense
- Game Time- full-court and modified games that will complement skills learned and add to the fun!
- Health component

### **PAL3OS (Soccer Focus Course)**

- Chance to improve on overall game in a fun and energetic environment
- Fitness component – both general and sport specific
- Theory component
- Health component

## GRADE 12

### **PPL4O1 (Grade 12 co-ed)**

- Focus on 4 major sports (basketball, volleyball, soccer, football) but still includes a variety of sports
- Basic Fitness
- Health component

### **PAF4OB / PAF4OG (Fitness - Grade 12 boys / girls)**

- Focus on overall fitness with programming including: Fitness centre sessions, TRX, circuits, tabata, cardio...
- Developing your own training regimen
- Health component

### **PSE4U1 (Kinesiology)**

- The study of human movement and of systems, and principles involved in human development. Includes:
  - o Anatomy, Physiology, Biomechanics, Nutrition, Energy systems, Motor Development

### **PLF4M1 (Recreation and Fitness Leadership)**

- Focuses on development of leadership skills related to recreational and community based activities
- Acquire the knowledge and skills required to plan, organize and implement recreational events
- Learn how to promote physical fitness, personal well-being and personal safety to others through mentoring