

PHYSICAL EDUCATION

PHYSICAL EDUCATION 10 (5 credits)

NOTE: PHYSICAL EDUCATION 30 IS A FULLY ACCREDITED COURSE FOR SOME UNIVERSITY FACULTY ENTRANCE REQUIREMENTS

Physical Education 10 is compulsory for all Alberta high school students. This is a participation course and students are expected to have appropriate clothing for active involvement. A fee is charged for off-site activities and transportation. Course activities include many classic PE activities including - bowling, swimming, yoga, and skating. Evaluation is based on active participation, attitude, effort, written work, and skills.

WHY TAKE PE 20 AND 30?

- Exercise is proven in studies to improve academic performance.
- Use your grade to apply for your Rutherford Scholarship.
- Use as an entrance mark for some faculties and universities.
- Can be used to maintain an honours status throughout your high school career.
- To have fun and have a social break in your day.
- Find wellness and balance in your school schedule.
- Opportunity to try new off campus activities.

PHYSICAL EDUCATION 20 (5 credits)

Physical Education 20 is an option course for all high school students who have successfully completed Physical Education 10. Extensive travel to off-site activities is required in this course and attendance is mandatory. A fee is charged for off-site activities and transportation. Off-site activities include canoeing/kayaking, golfing, wall climbing, squash/racquetball, curling, bowling, and self-defence. Students are also required to give 5 hours of service in any of the three areas of Physical Education: core program, intramurals, or athletics.

PHYSICAL EDUCATION 20 (3 credits)

This course is the same as the Physical Education 20 program with the exception that it only runs for a half semester for those students whose course load is full.

PHYSICAL EDUCATION 30 (5 credits)

Physical Education 30 is an option course for all high school students who have successfully completed Physical Education 20. Extensive travel to off-site activities is required in this course and attendance is mandatory. Class times are altered to meet travel times, requiring students to leave early in the morning, over the lunch hour or returning to the school after the final bell. A fee is charged for off-site activities and transportation. Off-site activities may include camping, canoeing/kayaking, sailing, scuba diving, golfing, wall climbing, squash/racquetball, curling, bowling, and self-defence. Students are also required to give 5 hours of service in any of the three areas of Physical Education: core program, intramurals, or athletics. NOTE: PHYSICAL EDUCATION 30 MAY BE USED AS A POST SECONDARY ENTRANCE COURSE