

Podium of Life offers P.E. credits with winter sports

eBlend PE 10, 11, 12

Course outline

Course focus:

This course is designed to meet the individual needs of students who want to take P.E. out of the regular school setting. Many of these students may be involved in athletic commitments outside of school that dominates much of their time. These may include extra curricular activities such as winter sports: Nordic skiing, alpine skiing, freestyle skiing, and snowboarding.

A. Long Term Objectives:

1. To promote an interest in active living.
2. To develop a positive attitude towards physical activity.
3. To utilize and further develop skills in various physical activities.
4. To increase the body's muscular strength, flexibility, and coordination.
5. To develop planning strategies in order to facilitate optimal development.

B. Course Requirements:

1. Create a personal athletic plan.
2. Keep a daily record of activities that demonstrates at least 120 hours of physical activity.
3. Communicate with the teacher regularly via the internet.

Contact:

If you are interested in enrolling please contact podiumoflife@shaw.ca.

