



# Physical Education (PE), PE Options, & Athletics



Calgary Board  
of Education

# Physical Education

## 10/20/30

The Physical Education program is a fully integrated modular program of choice.





It is composed of activity modules with each module assessed on movement, effort, cooperation, leadership, sportsmanship, skill application and knowledge of game play.



Important to note that PE 10 is a required course to graduate High School, and PE 30 is the only non-core course that may be used to meet university entrance requirements at most Canadian institutions.







## PE20 & 30 Modules Include:

Alternative Environments for PE Activities Include:

Curling, Hiking in Kananaskis, Bowling, Beach Volleyball, Active Living, Group Fitness, Golf, Indoor Climbing, Yoga, Court Games, Racquet Sports (Squash, Racquetball, Tennis, Pickleball), Billiards, Dance, Swimming, Horseshoes, & Batting Cages to name a few.



# Sports Performance

Introduction / Intermediate / Advanced

This module-based CTS course is designed for students that are interested in becoming healthier, fitter, and/or improving their athletic performance.

It is NOT playing sports and activities like in Physical Education, but more so training to have an improved performance and fitness capacity to play such sports.



Approximately 80% of the learning is through physical and mental training, and 20% through classroom/lab work. Examples of physical training days include: 5km runs in fish creek park, circuit weight training, running hills, stairs, bicycling, resistance training, interval training, flexibility training, yoga, and fitness assessment.



# Fitness Assessments

Students in Sports Performance will complete Fitness Assessments 3-4 times a semester, to track their own performance and fitness gains. They are never assessed on performance outcomes. Just for their own knowledge and goals.



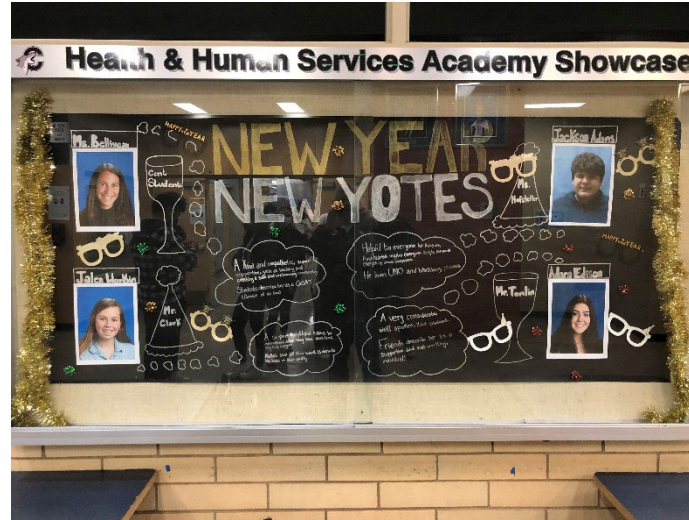


# Summary

Physical Education and Sports Performance offer our students a variety of learning opportunities that are truly invaluable for the rest of their lives. Our goal is to facilitate opportunities for students to be introduced to various activities that they fall in love with and will end up doing in their adult life. It also gives the students a movement break in their highly sedentary school day, and breaks up those mentally taxing classes.



# Student Leadership 4 Areas of Focus



Coyote of the Month



Birthdays



#1 Staff and Student Recognition and Appreciation

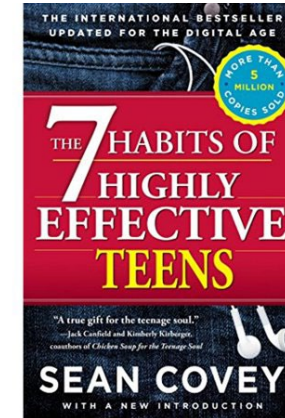


## #2 Service In Our School & Community

### #3 Leadership Lessons In Class



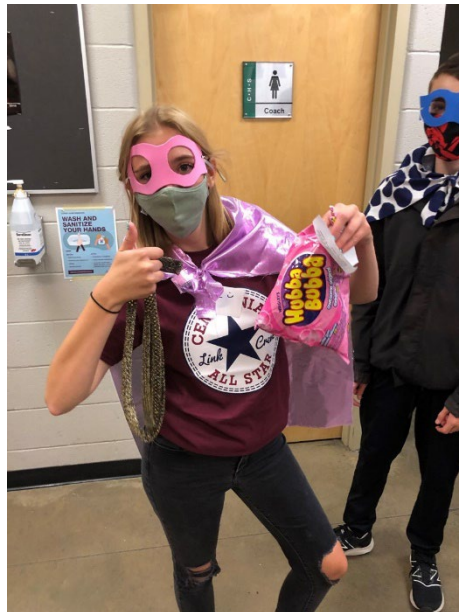
Midnapore Senior Center



Canadian Student Leadership  
Certification Program



## #4 We Create & Run School Spirit Activities Good Clean Fun! ☺



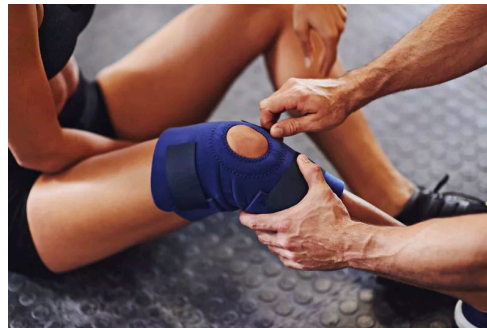
**Leadership  
is Doership  
@ Centennial**



# Sports Medicine



We offer Sports Medicine 10, 20 and 30. You'll learn all about human anatomy and the relationship to sports injuries and therapy. There is a practical portion of the course that students really enjoy. It's here that you'll learn to treat athletes. You'll learn many different tape jobs to get athletes ready to compete. This is a really popular option and it fills up quickly.



Many of our students go on to careers in the medical field.





# Centennial Athletics

We have an excellent athletics program here at Centennial. Our teams include: Volleyball, Soccer, Cross Country Running, Football, Basketball, Badminton, Boys and Girls Rugby and Field Hockey.



If you don't compete on one of our teams you could join athletic council and be a scorekeeper for our games.



The Annual Howler Basketball Tournament is a highlight each February. It is a 16 team, 8 Boys & 8 Girls, tournament with teams from all over Western Canada.