

ACTIVE LIVING

VERSUS

SPORT PERFORMANCE

VERSUS

FITNESS & CONDITIONING



Active Living 11/12 has been designed for students who prefer a traditional physical education setting.



The major focus of AL 11/12 is to promote participation and improved physical literacy across a variety of sport categories



Development of skills and knowledge required to maintain a healthy active lifestyle



Sport Performance 11 has been designed for student-athletes who wish to improve their athletic performance



The major focus of SP 11 is to expand the skills, knowledge, and self-discipline necessary to grow and develop as an athlete



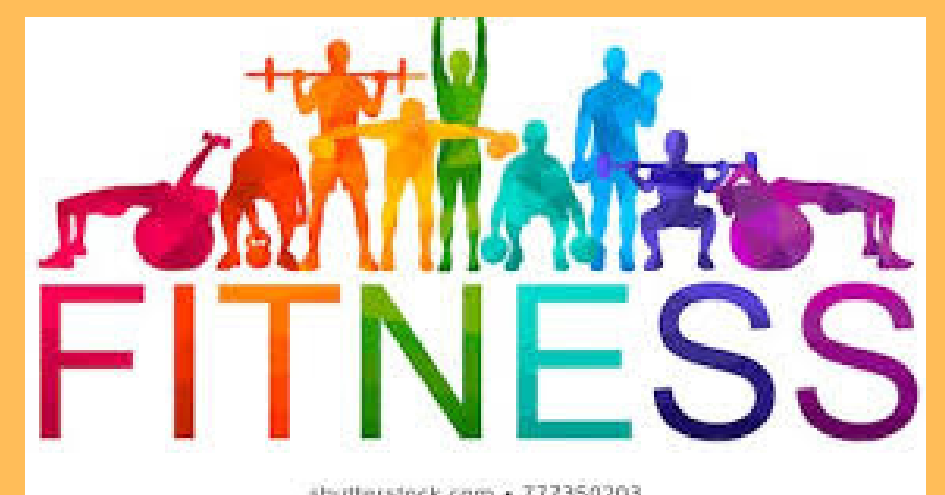
Specialization of training related to one or two sports that you play



Fitness & Conditioning 11/12 has been designed for students who wish to improve their physical fitness.

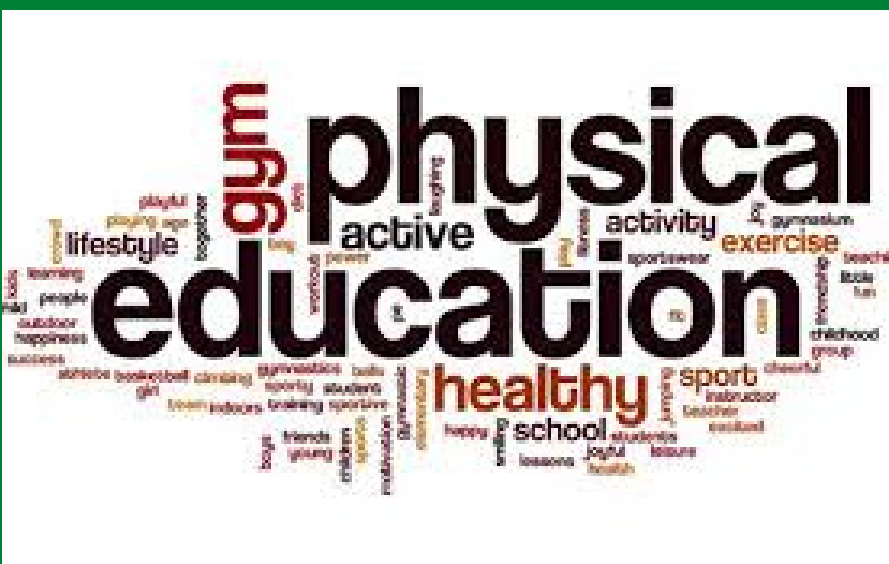
"SWEAT,
SMILE
AND
REPEAT."

The major focus of F&C 11/12 is to develop the skills and knowledge, and self-discipline necessary improve personal fitness levels



Individualization of training linked to personal physical fitness goals

- they will participate in a variety of sports and activities
- the underlying emphasis will be on active participation and fun



- they will track and share their progress related to the sport specific training goals they have created
- they will have fun participating in selected sports while developing their physical literacy across sports categories



- they will track and share their progress related to the physical fitness goals they have created
- the class will have fun together during the weekly cardio session

