

# St. Paul's Academy Summer High School Physical Education Program

## Active Living

The five credit physical education program at St. Paul's Academy (Physical Education 10, 20 and 30) emphasizes active living, with a focus on physical activity that is valued and integrated into daily life. Online physical education is set up as personal fitness program whereby students work in conjunction with a certified teacher. Students complete course outcomes while the teacher monitors and validates daily progress. Documentation confirming completion of course components are also verified by a coach or family supervisor.

Active living through physical education:

- ✚ creates a desire to participate
- ✚ focuses on lifetime activities that promote health-related fitness for life
- ✚ is about physical activity; and the nature, form, frequency and intensity of the activity are relative to each persons' ability, needs, aspirations and environment
- ✚ places physical activity within a broader perspective of total fitness and well-being that encompasses the entire experience of movement physical, mental, emotional and social dimensions
- ✚ is enhanced through opportunities to participate in such activities as intramurals, interschool athletics and community-based sport and recreation activities
- ✚ is centred around learner needs and is inclusive, individual and varied
- ✚ is supported when opportunities for making choices are provided
- ✚ is supportive of the relevance of physical activity within the community

## Dimensions

Dimensions or categories of activity include:

- ✚ alternative environments
- ✚ dance
- ✚ games
- ✚ types of gymnastics
- ✚ individual activities



## Benefits

At St. Paul's Academy we believe that physical activity contributes to the overall well-being of individuals. People of all ages can substantially improve their health and quality of life by including a moderate amount of physical activity into their daily routines. Participation in physical activity contributes to physical, mental and social well-being providing benefits to the individual and the community.

## Course Components

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The summer high school physical education program for Physical Education 10, 20 and 30 consists of the following components:

1. Program Plan and Goal Setting
2. Activity Journals
3. Mentor Evaluation
4. Self-Evaluation
5. Major project
6. Cardio-Pulmonary Resuscitation (CPR) – ***Physical Education 10 Only***

## Online Access

Once registered, students automatically receive an icon on their computer desktop allowing them to:

- ✚ access the entire course including detailed instructions online
- ✚ complete assignments online
- ✚ interact regularly with the teacher and other students online
- ✚ send completed assignments to the teacher online
- ✚ receive marked assignments back from the teacher online
- ✚ access their grades online