

Physical Education 10-20-30

Physical Education 10 (5 Credits)

This course is required to meet Alberta High School Diploma requirements. Students develop the skills and attitudes necessary for better health and well-being, embracing an active lifestyle. Students will complete 100 hours of physical activity across five different curricular dimensions: Alternative Environments, Dance, Games, Individual Activities, and Gymnastics. In addition, students complete a major project, set achievable goals, and other written tasks. Completion of Heart Saver CPR Level A is required for this level only.

Physical Education 20-30 (5 Credits each)

Students continue to develop the skills and attitudes necessary for better health and well-being, embracing an active lifestyle. Students will complete 100 hours of physical activity across five different curricular dimensions: Alternative Environments, Dance, Games, Individual Activities, and Gymnastics. In addition, students complete a major project, set achievable goals, and other written tasks.

Alberta Education Program of Studies for Physical Education can be found at:
<https://education.alberta.ca/media/160191/phys2000.pdf>