

# Do you want to take Phys Ed at every grade level??

Grade 9	Phys Ed 9 - must pass to move on in future PE courses.
Grade 10	Team Sports 11 - must opt into as your one grade 11 choice when picking classes for your grade 10 year.
Grade 11 and 12	Team Sports 11 - if you didn't take in gr 10 Wellness 11 Outdoor Pursuits 11 Leadership 12 ATP 12

"Take care of your body. It's the only place you have to live." ~ Jim Rohn

True.

# Phys Ed

Your HTHS guide for physical education courses grades 10, 11 and 12

## 1. Team Sports 110

A local option course available to students in grade 10, 11 and 12. Focused on meeting the daily activity requirements while working in team sports settings. Students will learn and play various team sports while focusing on fitness, team collaboration, and team strategy.

## 2. Wellness 110

Available to students in grades 11 and 12. The main focus of this course is on personal fitness and wellness while mixing in some games and sports that students may encounter in their adult lives. Students have opportunities to learn healthy living strategies that will promote lifelong health and wellness.

## 3. Outdoor Pursuits 110

Available to students in grades 11 and 12. This course offers students an understanding of outdoor activities, such as canoeing, swimming, orienteering, hiking, and outdoor survival.

## 4. Advanced Training Principles 120 (ATP)

A local option course available to grade 11 and 12 students. This course develops physical fitness of students as they learn all aspects of physical training. Students will be physically active most classes while they work on their training and lifting techniques. A strong work ethic is required.

## 5. Leadership 120

A course primarily available to grade 12 students and select grade 11 students. This course develops leadership skills through involvement in physical activities. Students in this course must complete a minimum of 30 volunteer hours and are expected to play a leadership role within HTHS and the surrounding community.