

Burnaby Mountain Secondary

KEEP FIT GRADE 10

Course Overview:

This activity based course meets the graduation requirements for grade 10 Physical Education requirement of 150 minutes/week of daily physical activity. The grade 10 keep fit course is developed with a focus on individual wellness as opposed to team sports. Topics will include, physical activity, field trips, personal wellness, and physical fitness.

Activities planned for this year are listed below. Some of these activities will involve nominal costs due to the need for guest instructors, field trips, and class requested activities). We are requesting a \$100.00 enrichment fee for students to participate in course activities. This fee will include a 3 year CPR certification and 4 lessons of Golf at Burnaby Mountain Golf Course. If you have questions or concerns, or wish to know more about these opportunities, please contact your PE teacher by calling the school at 604-296-6870.

- Payment options:
 - **One installment \$100.00 due October 1 2016
 - ***First installment \$50.00 due October 1 /16 and second installment of \$50 due February 1/17

Fees can be paid on line at <https://burnaby.schoolcashonline.com/> found on the Burnaby Mountain webpage

Topics to be introduced and Experience will include:

Self defense	Lazer tag	Skating	Gymnastics
Bowling	CPR	Golf	Kayaking/sup
Life skills/Health	Yoga	Fitness fridays	Team teaching

*students will be responsible for transportation to and from certain activities

Gym Strip:

As we will be out in the community, it is important that students understand that each fitness center has standards regarding proper attire. Students need to follow these rules or they will not be allowed to participate.

Evaluation:

Students will be evaluated based on BMSS Department standards of Exceeding expectations, Fully meeting expectations, meeting expectations, and approaching expectations.

Personal and Social Responsibility =35%

Journal=15%

Games play and effort=35%

Fitness=15%