



Physical Education & Health



Year 1: cross country, field hockey, soccer, track & field, badminton, volleyball, handball, outdoor education, basketball, dance, gymnastics, frisbee golf, baseball, low organizational games, and many more!

Year 2: cross country, soccer, field hockey, frisbee golf, flag football, badminton, basketball, games, volleyball, outdoor education, tchoukball, mini-tennis, yoga, stunnastics, track & field, outdoor games, and many more!

Year 3: cross country, flag football, lacrosse, badminton, outdoor education, dance, gymnastics, volleyball, CPR, Cosom hockey, handball/tchoukball, track & field, and many more!

Year 4: cross country, ultimate frisbee, lacrosse, basketball, badminton, volleyball, outdoor education, gymnastics, dance, basic games, futsal, indoor football, weight training, track & field, and many more!

Year 5: cross country, rugby, badminton, volleyball, outdoor education, basketball, CPR, weight training, dance, golf, gymnastics, softball, cricket, and many more!

Assessments

IB Criteria

Criterion A: Knowing and Understanding

Criterion B: Planning for Performance

Criterion C: Applying and Performing

Criterion D: Reflecting and Improving Performance



MELS Criteria

Competency 1: Performs Movement Skills in Different Physical Activity Settings

Competency 2: Interacts with Others in Different Physical Activity Settings

Competency 3: Adopts a Healthy, Active Lifestyle

The goal for the Physical Education Department is to produce student athletes who are not only fit and healthy, but individuals who are also aware of how they can achieve that on their own. They have the opportunity of engaging in a multitude of sports where students may develop an interest in one or many, and develop new passions and an active lifestyle.



SLI



Interscholastics

Teams

- ❖ Golf
- ❖ Cross Country
- ❖ Field Hockey
- ❖ Soccer
- ❖ Curling
- ❖ Badminton
- ❖ Basketball (certain levels)
- ❖ Volleyball
- ❖ Track & Field