

## **Physical Activities & Leadership**

### **Sports Development**

Students will develop both leadership skills, as they relate to sports in the school with all grades, as well as additional and/or advanced practice in various sports that would typically be studied in regular physical education. Some alternative sports and activities will also be practiced in hopes of creating life long learners and active citizens. These additional sports and activities will depend on the time of year the course is being run and opportunities that arise at different times.

Some possible class activities:

- Organize and run lunch hour intramurals for various grades.
- Organize school and set-up for tournaments.
- Practice various traditional sports (eg. Volleyball, Basketball, etc.)
- Explore non-traditional sports (eg. cricket, water polo, etc.)
- Strength and core-stability training
- Life-long physical activities (eg. Skating, yoga, walking, running, etc.)

### **Outdoor Education: Front country skills**

Are you wanting to be a happy camper? Learn the basics of camping skills and how to use tools including pocketknives, hatchets, fire lighting, shelter building, and camp cooking.

### **Golfing**

"FORE"-Lookout, Bearspaw School is turning its playground into a links golf course!! This introductory to golf will teach the basics of the golf swing, both short and long distance shots. We will also explore the history of golf and examine the many players and tournaments that exist in our modern golf era. This should be an exciting class and I can't wait to see you out on the links.

## **Leadership**

You will have the chance to contribute to the Spirit of Bearspaw School! You will learn the satisfaction of volunteering, as you will be placed in a classroom for one or two periods per week. You will be responsible for completing tasks such as: mentoring and assisting students, designing bulletin boards, marking, organizing and tidying, cutting and pasting, or demonstrating skills for your fellow Bearspaw students. You will also be responsible for contributing to school activities such as: assemblies, dances, the Terry Fox run, food drives, etc.