

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 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

Outdoor Education: Stone Age Technology

Learn the skills needed to live off the land. Make rope from natural materials, build a stone tool, make fire by friction, and create Stone Age art. The course ends with a simulation where students will divide into tribes and attempt to complete various stone age challenges over several weeks.

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 develop your leadership skills by completing various fun activities and tasks that showcase the spirit of Bearspaw School. Some of the awesome things we do in leadership include partaking in the Cochrane Lantern Festival, volunteering with the Calgary Inter-Faith Food Bank, and assisting with various school events and activities. We also partner with a local long-term care home to write pen-pal letters to adorable senior citizens. We take a field trip to visit our senior pen-pals and bring them gifts of kindness and positivity, and we enjoy lunch at Market Mall afterward. If working alongside younger children or past teachers interests you, you may also have the opportunity to volunteer in a classroom within our school. Classroom tasks can include anything from reading/writing with younger students, to assisting with organizational, creative or artistic tasks, or even helping lead a physical activity or game. The possibilities are endless, and everyone is welcome.