

Grade 110 Wellness

Course syllabus



Course:

Grade 11 wellness is a physical education course that is based around fitness to show students how to get in better shape and be able to maintain that throughout life. The course is designed to help students improve on their fitness levels through basic training and eating a proper diet. The class involves many running activities followed by various types of daily workouts. We use various devices to show students their current fitness levels and then the training begins for the duration of the course. The goal is for students to continue to apply this daily physical activity to their everyday life once they finish the course.

Areas of study:

- Fitness (everyday)
- Video workouts (occasionally)
- Yoga (occasionally)
- Daily warm-up runs
- We use circuit training, hill and stair running, skipping as workouts
- Outside runs which vary from 4km-5km occasionally weather permitting
- Theory will be diet and nutrition based along with some discussion on working out at home

Evaluation: 80% fitness
20% theory

