

ACTIVE LIVING/GIRLS PE COHORT



- Nurturing the development of positive attitudes towards fitness
- Promoting active participation
- Recognizing the difference in students' interests, potential, and ability levels
- Developing personal “Goal Setting” skills

For more information, call 604-536-0550, ext. 2004, or email huisman_j@surreyschools.ca

ACTIVE LIVING/PE COHORT

This course meets all the requirements of the Active 11 and 12 curriculums. It will appeal to those students who have an interest in being active and fit, but prefer activities other than team sports, with an emphasis on the achievement of personal fitness goals that promote health and wellness. This course offers students the freedom to choose fitness activities and community field trips that support life-long activity goals. There is also a cognitive component to the class that explores topics like anatomy, nutrition, the effects of stress on the body, and fitness/training principles.

Course activities may include:

Functional fitness, athletic training, kickboxing, yoga, self-defense, Zumba, swimming, water aerobics, Pilates, TRX, hiking, stand-up paddling, and kayaking. Some sports and games can be offered based on class consensus. Student will also have the opportunity to travel to the Grandview Heights and South Surrey Community Fitness Facility as part of their fitness experience.

COHORT EXPECTATIONS

- Regular attendance, punctuality, and a willingness to try new things/activities are necessary attributes to be successful in this condensed 8-10 week program.
- Students are required to present a mature and responsible attitude in class and conduct themselves in a safe, respectable manner.
- Appropriate gym attire will be required.

CURRICULAR GOALS

1. Physical activity is an important part of overall health and well-being.
2. Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity.
3. Safety and injury prevention practices allow lifelong participation in physical activities.
4. Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals.



STUDENT APPLICATION

I wish to apply for the Active Living/Girls PE Cohort at the South Surrey/ White Rock Learning Centre.



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Student Information

Please print the following information in ink, then give to Jamie Huisman when completed.

Name: _____ Age: ____ Student No.: _____

Which grad plan are you on? (check one) ☐ Full ☐ Adult

In a few sentences, please tell me why you are interested in participating in this cohort.

What type/activities are you most interested in?

- ☐ Walks/Hikes
- ☐ Yoga
- ☐ BootCamp
- ☐ Zumba
- ☐ TRX Suspension Training
- ☐ Aquasize
- ☐ Swimming
- ☐ Free Gym (weights, cardio etc.)

- ☐ Step Class
- ☐ Kickboxing
- ☐ Pilates
- ☐ Yo-Girl
- ☐ Cycling/Spinning
- ☐ Kayaking
- ☐ Paddle Boarding
- ☐ Others _____

I, _____, understand that this program requires a mature attitude, responsible attributes, regular attendance, strong communication skills, and a willingness to learn.

Student Name (please print)

Student Signature