**Salish PHE Courses Grade 10 - 12**

**Active Living, Fitness, Athletics & Intramural Courses**

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**Active Living Athletics 10**

**Active Living 10 Credit**

**This is a specialized Active Living 10 course, designed to support our school Athletics program. Students in this class will learn to plan, organize, and officiate events in support of extra-curricular sports at Salish, with an emphasis on the fall and winter seasons (volleyball and basketball). An application is required to take this class,**

**Please see Mr. De La Paz for more information**

**Active Living 10**

**Active Living 10 Credit**

**Team / dual sports and activities; individual fitness; leadership development; social responsibility**

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**Intramural Leadership 9 - 11**

**Linear X Block**

**Outside the Timetable**

**NOT A PHE CLASS**

**Leadership 10 Credit**

**This is a linear X Block course with classes running before school and at lunch.**

**This courses focus is on the organization & running of our school’s lunch time intramurals**

**An application is required to take this class, please see Mr. Sperling for more information**

**Active Community 11 / 12**

**Active Living 11 Credit**

**Active Living 12 Credit**

**This Active Living 11/12 course focuses on developing and implementing a positive, active culture within the community. Students will explore their creativity to plan, organize, and lead events that support the junior PHE classes at Salish, as well as with our K-7 feeder schools. An application is required to take this class,**

**Please see Mr. Pederson for more information**

**Fitness & Conditioning 11 / 12**

**Fitness & Conditioning 11 Credit**

**Fitness & Conditioning 12 Credit**

**Individual fitness; training, anatomy, nutrition, motivation, goal-setting.**

**Please see Ms. Riddoch for**

**more information**

**Active Living**

**11 & 12**

**Active Living 11 Class / Credit**

**Active Living 12 Class / Credit**

**Team / dual sports and activities; individual fitness; leadership development; social responsibility**