



**GRADE 11**

# PE Leadership

**SD34 Abbotsford**

This course includes a combination of classwork to learn leadership & planning skills & practical, hands-on applications of those skills. Students will develop & apply skills such as leadership, teamwork, goal setting, event planning, activity assessment & reflection through the development of intramural & extra-curricular events & lesson plans. This course supports & encourages students to assist in school/community/ leadership opportunities and to explore career options in PEH or recreation.

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**Credits:** 4

**Approval Date:** Dec 2018

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**Hours:** 120

**Trax Code:** YHRA

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## GOALS AND RATIONALE

Further develop leadership skills in students who can have a positive impact on school culture. Further develop effective planning skills in students who plan events so that the student population can have a positive intramural or extra-curricular experience. Further develop and nurture leadership and planning skills in students to enable them to be lifelong leaders. Provide opportunities for students to act as leaders in a variety of intramural and extracurricular activities.

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## BIG IDEAS

Advocating for the health & well-being of others connects us to our community. Well-being requires finding a balance of personal health, relationships, work, learning, community, engagement & committed citizenship. Being involved in leadership activities helps to promote initiative-taking and community involvement. Advocating for daily participation in physical activity can help promote a healthy lifestyle. Leadership involves problem-solving, evaluating, reflecting when planning & leading others.

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## ADDITIONAL INFORMATION

Students will identify the essential components of an effective leadership program and apply those in an instructional and intramural setting. Finally, students will apply their skills and complete 15 hours of field work in a volunteer leadership situation (both inside and/or outside of school). This course supports student learning through meaningful methods of inquiry, interpretation, demonstration, and presentation of a variety of leadership and planning skills.