



2018 – 2019 WCHS Health & Physical Education Courses

Grade 9

Health 9 - 1 Quarter- Units consist of:

- Wellness
- Relationships and Dating
- Sex Education

Project Adventure I (Quarter 1 or 4)

General Fitness I (Quarter 2 or 3. Five weeks in the weight room bubble)

- Safety and Fitness Concepts
- Introduction to Equipment
- Weight and Cardio Training

Team Sports I

- Touch Football
- Basketball
- Indoor/ Outdoor Soccer
- Softball
- Floor Hockey
- Lacrosse
- Volleyball

- *Tchoukball*

Fitness Testing (Push-Ups, Curl-Ups, Shuttle Run, Mile Walk, Sit & Reach, Pull - Ups)

*Using the Daily Fit Log

Grade 10

Driver Theory - 1Quarter

Project Adventure II (Quarter 1 or 4)

Personal Fitness (Quarter 2 or 3. Five weeks in the weight room bubble)

- Program Development
- Cardiorespiratory Training

Team Sports II

- Volleyball (Crossover from grade 9 offering)
- Basketball (Crossover from grade 9 offering)
- Lacrosse
- Ultimate Frisbee
- Indoor/ Outdoor Soccer
- Indoor Team Handball
- *Tchoukball*

Fitness Testing (Push-Ups, Curl-Ups, Shuttle Run, Mile Walk, Sit & Reach, Pull - Ups)

*Using the Daily Fit Log

Grade 11

Health 11- 1Quarter- Units consist of:

- Alcohol, Tobacco, and Other Drugs
- Disease and Health Conditions
- Relationships, Pregnancy , and Parenting

Lifetime Fitness 1(Quarter 1or 4. Five weeks in the weight room bubble)

Lifetime and Team Sports 1

- Golf 1
- Tennis 1
- Badminton 1
- Cardio Walking/ Agility Training 1
- Basketball
- Softball
- Pickleball
- Volleyball
- Indoor Soccer
- Indoor Team Handball
- Ultimate Frisbee

Fitness Testing (Push-Ups, Curl-Ups, Shuttle Run, Mile Walk, Sit & Reach, Pull - Ups)

*Using the Daily Fit Log

Grade 12

CPR and First Aid - 1 Quarter

Lifetime Fitness II (Quarter 1 or 4. Five weeks in the weight room bubble)

Lifetime Sports II

- Golf II
- Cardio Walking/ Agility Training II
- Softball
- Volleyball
- Basketball
- Tennis II
- Badminton II

- Indoor Soccer
- Indoor Team Handball
- Ultimate Frisbee

Fitness Testing (Push-Ups, Curl-Ups, Shuttle Run, Mile Walk, Sit & Reach, Pull – Ups) *Using the web based Daily Fit Log (www.dailyfitlog.com)

*Teen Pep - Full year elective for seniors additional to the required grade 12 CPR & First Aid class. Interested students go through an interview process by the Teen Pep teaching staff for selection into this course.

