

Physical Education 10 Outline

Physical Education 10 (Co-ed) (Gender Specific)

4 credits plus 1 CTS module - CTR 1210 (Personal Safety Management)

This course is the basic Physical Education 10 program supplying sufficient credits in compliance with the Alberta Learning requirement for a high school diploma. Students will be introduced to individual and team lifetime/leisure activities with emphasis on participation, attitude, attendance, knowledge of theory, fitness principles, and physical and leadership skills. For safety reasons, it is mandatory to wear appropriate athletic shoes.