



ALTERNATE LEARNING PROGRAMS

Open Door Education Centre
CrossRoads Learning Centre
Six Mile Education Centre

Course offering for vLearn, Vernon Virtual Education and the Alternate Learning Programs located at Open Door Education Centre, CrossRoads Learning Centre and Six Mile Education Centre:

Physical Education 10

Physical Education in grade 10 is a required area of study for all students. It helps students to enhance their quality of life through active living. It is organized around themes of Active Living, Movement, and Personal and Social Responsibility. Active Living provides students with opportunities to make appropriate choices and set personal goals that enhance their quality of life. Movement includes physical activities in the areas of alternative-environment activities, dance, games, gymnastics, as well as individual and dual activities. In all movement categories students develop efficient and effective movement skills, and understanding of the movement concepts and body mechanics that are necessary to develop activity-specific motor skills. Personal and Social Responsibility provides opportunities for students to acquire leadership skills and an understanding of the qualifications required to pursue careers related to physical activity.