






# SPORTS CURRICULUM FOR SENIOR HIGH SCHOOL

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- **SPORTS CURRICULUM FOR SENIOR HIGH SCHOOL** presents the core content for sports education. It determines what students should know and be able to do as a result of sports education by the end of Grade 12. It consists of program goals, content standards, and performance standards that promote healthy and balanced living.

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- Sports education aims to challenge and motivate students to become increasingly physically fit and healthy in ways that enhance students' overall quality of life while simultaneously reinforcing academic learning and positive character development.





The standards – within the context of health and fitness – have been developed by applying the following characteristics of a literate person:


- Critical thinker and problem solver
- Self-directed learner
- Effective communicator
- Responsible, productive citizen




# COMPONENTS OF THE CURRICULUM:

- PROGRAM GOALS
  - The program goals are the broad statements that describe essential dimensions of learning or program results. They describe the results we want students to achieve by the end of their high school education program.
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- CONTENT STANDARDS
  - Content standards specify what students should know and be able to do by the end of the high school program. These statements define domains of content that are important for students to learn and teachers to teach.

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- PERFORMANCE STANDARDS
  - Performance standards specify how adept or competent student performance must be to indicate attainment of the content standards. Performance standards help to explain and clarify the knowledge, skills, and understandings, presented in the content standards.

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- LEARNING ACTIVITIES
  - Health and sports education programming includes a balance of physical activities including, but not limited to: fitness training, gymnastics, team and individual sports/games/activities, aquatics, dance, and outdoor/recreational/challenge pursuits that help identify how students will develop the understandings and abilities specified by the content and performance standards.





## ELECTIVE COURSES CURRENTLY UNDER DEVELOPMENT :

- Fitness Conditioning
  - Basketball and Fitness
  - Soccer/Football and Fitness
  - Aerobics
  - Sports Injury Management
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