

Slot D Even Days	Activity/Option	Slot E Odd Days	
Sept 11-25=6	Leadership 1 (vb)/Ultimate	Sept 14-24	
Sept 29-Oct 14=6	Flag Football/Soccer	Sept 28-Oct 13	
Oct 16-Oct 30=6	Health 1/Volleyball	Oct 15-29	
Nov 3-Nov 16	Health 1/Weight Training	Nov 2-13	*cost*
Nov 18-Dec 2	Leadership 2 (bb)/Paddle Games	Nov 17-Dec 3	
Dec 4-18=6	Health 2-ALL Students	Dec 7-17	(No Gym)
Jan 5-15	Basketball/Skating	Jan 4-18	*cost*
Jan 19-29	Skiing/Floor Hockey	Jan 20-Feb 1	
Feb 8-23	Health 3/Badminton	Feb 9-Feb 22	
Feb 25-Mar 9	Archery/Curling	Feb 24-Mar 10	*cost*
Mar 11-25	L.O.G.S/Bowling	Mar 12-24	*cost*
Apr 5-13=4	Handball/Swimming	Mar 26-Apr 12	*cost*
Apr 15-27	Leadership 3 (fun day)/Yoga	Apr 14-26	(No Gym) *cost*
May 3-13	Health 3/Lacrosse	Apr 28-May 14	
May 15-Jun 1=6	Track and Field-All Students	May 18-Jun 2=6	(No Gym)
Jun 3-15	Baseball-All Students	Jun 4-16	

1-The Grade 10 Program is designed to offer students choice through a block system. Each block, the student is to choose their preferred option and sign up with the teacher assigned to that option (Mr Loeppky or Miss Fitchner). Because we book facilities for a number of activities, once you have signed up for that option/block, you **cannot switch**.

2-Each block runs for approximately 5 classes. Due to the short length, it is crucial that you attend regularly. Blocks failed due to verified or excused absences can be recovered through

make-up classes at the end of each semester. **\*\*Important\*\*** A doctor's note is required for students with limited ability to participate and attend.

3-The Mandatory Blocks are Health 1, Health 2, Health 3, Leadership, Track and Field, and Baseball.

4- Units that will require some cost are Weight Training, Skating, Curling, Bowling, Swimming, and Yoga. Those who are not able to afford a particular activity are asked to see the Phys Ed staff at sign up time.

5-Part of your responsibility is to come prepared for class. This means having a proper change of clothes and shoes for gym class as well as a health book with paper and something to write with for each health class. (ie-appropriate shirt, gym shorts/gym pants, and shoes that tie up. In the odd chance you forget your change of clothes, you will be required to wear the clothes supplied by Phys Ed. These are washed after each use.

6-As per the School Code of Conduct, absolutely **no hats** can be worn in the gym or health class, **cell phones** must be **turned off and put away**, and **no I-pods or other electronic devices** are to be used during class time. Any student caught using these during class will be required to hand over the particular item upon request from the teacher. This is school policy. The item will be returned to the student at the end of class in normal circumstances. Also, the school code of conduct states students are **not to use foul or profane language in the school**. This applies not only to our Phys Ed and health classes in the school, but also our Phys Ed classes that take place outside as well.

7-A reminder to all students that the school is not responsible for lost or stolen items. We ask that you keep valuables in your locker, however if need be, you can occasionally leave valuables with the gym staff for safe keeping.

Churchill Bulldogs  
Physical Education Program



Grade 10

