**PE 30 Course Plan Proposal**

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| Student Name: |  | Student number: |  |

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| **Write a short description of yourself as an active person. List any activities that you regularly participate in within the next 3-4 months. This can include team/individual sports, activity groups (like dance) or regular fitness classes. For each activity you list provide the weekly hours completed. Lastly include any information that may affect your ability to complete activity hours, like current injuries.** |
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Credits: 5 credits (70 activity hours). You must participate in activities from: **4 dimensions.**

**In each dimension, you must participate in at least one activity.**

* Indicate in the left column whether you will be receiving Instruction (I) or the activity will not be instructed (N).
* For each activity that you choose you need to estimate how many hours you plan on participating
* You **MUST** provide the name or position of a supervisor and their qualifications.
* If you wish to change activities that you have chosen, or need to select other activities as you progress in this course, please contact your marker or teacher for assistance.
* You must complete a minimum of 5 hours in **each of the dimensions**.
* The **vast majority** of your hours must be instructed by a person trained to instruct the activity
* Parents may only supervise specific types of activity which need to be pre-approved by the teacher. A maximum of 2 parent provisions may be used in the entire course (maximum of 2 dimensions).

**Remember that the vast majority of your activities MUST be instructed by a person over the age of 18 who is trained to instruct the activity. NCCP coaches, physical education teachers, AFLCA fitness instructors and Red Cross lifeguards, and competitive athletes (college level) are examples of people who fit this description.**

\*\*You may not know the name of the supervisor; however you can describe ‘who’ the supervisor is. Examples:

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| **I**nstructed or **N**ot Instructed | **Activity** | **Anticipated Supervisor****Title/Qualifications, \*\*Name (if known)** | **Facility (majority of hours) or name of organized activity group** |
| I | Hockey | Barrhead Steelers or Renegades Head Coach ( tryouts ongoing) | Barrhead Minor Hockey Association, Practices/Home Games: Barrhead Arena |
| I | Yoga | Drop in class instructor, will vary | Yoga Express: 1 hour drop in classes |
| I | Swimming | Barrhead Aquatic Centre Bronze Medallion Instructor (Name unknown) | Barrhead Aquatic Centre, Bronze Medallion Program |
| N | Hiking/Cycling/Jogging | MapMyFitness App, Parent will verify student Data (Provision in course) | Various routes near/thru Kinsmen Park or within 5 miles of home. |
| I | Weights/Cardio | Personal trainer to set up workout plan (AFLCA certified) Workout Request form not attached at this time (set to meet on Jan. 15) trainer name unknown | Workouts done at YMCA southside, front desk staff |

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| **Activity Dimension 1 — Outdoor Activities / Alternate Environment** |
| **I**nstructed or **N**ot Instructed | **Activities** | **Estimated Hours** | **Anticipated Supervisor****Title/Qualifications,** **Name (if known)** | **Facility (majority of hours) or name of organized activity group** |
|  | Backpacking/Hiking |  |  |  |
|  | Canoeing/Kayaking |  |  |  |
|  | Cross Country Skiing |  |  |  |
|  | Cycling |  |  |  |
|  | Downhill Skiing/Snowboarding |  |  |  |
|  | Ice Skating |  |  |  |
|  | Lifesaving (Bronze Cross program) |  |  |  |
|  | Orienteering |  |  |  |
|  | Snowshoeing |  |  |  |
|  | Swimming/Aquatics |  |  |  |
|  | Scuba Diving/Snorkeling |  |  |  |
|  | Wall Climbing |  |  |  |
|  | Water Safety |  |  |  |
|  | Other: |  |  |  |
|  | **Total Hours** |  |  |  |

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| **Activity Dimension 2 — Dance**  |
| **I**nstructed or **N**ot Instructed | **Activities** | **Estimated Hours** | **Anticipated Supervisor****Title/Qualifications, and Name (name may not be known)** | **Facility (majority of hours) or name of organized activity group** |
|  | Ballet/Contemporary |  |  |  |
|  | Ballroom/Social |  |  |  |
|  | Dance based Fitness classes (Zumba) |  |  |  |
|  | Jazz (traditional, hip hop, funk) |  |  |  |
|  | Multicultural |  |  |  |
|  | Rhythmic/Creative |  |  |  |
|  | Tap |  |  |  |
|  | Other:  |  |  |  |
|  | **Total Hours** |  |  |  |

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| **Activity Dimension 3 — Flexibility/Core Development** |
| **I**nstructed or **N**ot Instructed | **Activities** | **Estimated Hours** | **Anticipated Supervisor****Title/Qualifications, and Name (name may not be known)** | **Facility (majority of hours) or name of organized activity group** |
|  | Pilates |  |  |  |
|  | Rhythmic Gymnastics |  |  |  |
|  | Tai Chi |  |  |  |
|  | Yoga |  |  |  |
|  | Dynamic Stretching |  |  |  |
|  | Artistic Gymnastics |  |  |  |
|  | Stretching/Core as part of team or group activities |  |  |  |
|  | Other: |  |  |  |
|  | **Total Hours** |  |  |  |
| **Activity Dimension 4 — Games** |
| **I**nstructed or **N**ot Instructed | **Activities** | **Estimated Hours** | **Anticipated Supervisor****Title/Qualifications, and Name (name may not be known)** | **Facility (majority of hours) or name of organized activity group** |
|  | Badminton |  |  |  |
|  | Basketball |  |  |  |
|  | Billiards |  |  |  |
|  | Bowling |  |  |  |
|  | Curling |  |  |  |
|  | Football |  |  |  |
|  | Golf |  |  |  |
|  | Hockey (floor/field/ice) |  |  |  |
|  | Lacrosse |  |  |  |
|  | Ringette |  |  |  |
|  | Rugby |  |  |  |
|  | Soccer |  |  |  |
|  | Softball/Baseball |  |  |  |
|  | Squash/Racquetball |  |  |  |
|  | Table Tennis |  |  |  |
|  | Team Handball |  |  |  |
|  | Tennis |  |  |  |
|  | Volleyball (court/beach) |  |  |  |
|  | Other: |  |  |  |
|  | **Total Hours** |  |  |  |

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| **Activity Dimension 5 — Individual Activities** |
| **I**nstructed or **N**ot Instructed | **Activities** | **Estimated Hours** | **Anticipated Supervisor****Title/Qualifications, and Name (name may not be known)** | **Facility (majority of hours) or name of organized activity group** |
|  | Circuit Training/Fitness Activities |  |  |  |
|  | Cross Fit |  |  |  |
|  | Cycling (Stationary Bike) |  |  |  |
|  | Fitness Classes (Ex: Boot Camp) |  |  |  |
|  | Inline Skating |  |  |  |
|  | Jogging (land/treadmill, etc) |  |  |  |
|  | Lap Swimming |  |  |  |
|  | Martial Arts Training (non head contact) |  |  |  |
|  | Self-Defense class |  |  |  |
|  | Skipping |  |  |  |
|  | Step Machine/Elliptical |  |  |  |
|  | Conditioning practices |  |  |  |
|  | Track and Field events |  |  |  |
|  | Walking |  |  |  |
|  | Weight Training |  |  |  |
|  | Wrestling |  |  |  |
|  | Other: |  |  |  |
|  | **Total Hours** |  |  |  |

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| **Remember that you need a minimum of 70 total Activity hours (minimum of 5 hours in each dimension). Provide your estimated totals below. Total should be in the range of 70-80 hours** |
| Dimension | Outdoor Activities | Dance | Flexibility | Games | Individual | **Total** |
| Estimated Hours |  |  |  |  |  |  |

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| **There is a minimum of 10 hours of volunteering requirement in this course. The volunteering must be in an activity which promotes physical activity.** |
| Where will you complete the 10 hours of Volunteer work? What will be your role be at your volunteer placement? | Who will supervise your volunteer hours at your volunteer location? |

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| **I agree to comply with this proposal. If changes are necessary, I will consult with my marker or teacher.** |
| Student Signature: |  | Date: |  |
| **I have read the above outline, and I agree that it is a sound proposal for the student at this time.** |
| Parent/Guardian Signature: |  | Date: |  |