

**SUMMER
LEARNING
2026**

**ELEMENTARY PROGRAM
REGISTRATION BEGINS**
Thurs. April 30, 2026 at noon

**SECONDARY PROGRAM
REGISTRATION BEGINS**
Thurs. May 7, 2026
at noon

Elementary Programs: July 7 to July 24, 2026
Secondary Review/Preview/Remedial/ELL Programs: July 7 to July 31, 2026
Secondary Completion Programs: July 7 to August 7, 2026

summerreg.vsb.bc.ca



DK = Dickens Elementary, 1010 East 17th Ave
 KS =Kingsford-Smith Elementary – 6901 Elliott Street
 LK= Lord Kitchener Elementary - 3455 King Edward Ave W
 MG = Maple Grove Elementary, 1924 West 45th Ave

RF = Renfrew Elementary, 3315 East 22nd Ave
 SE = Sexsmith Elementary, 7410 Columbia Street
 VH = Van Horne Elementary, 5855 Ontario Street
 WS = wəkʷaḥəs tə syaqʷəm Elementary – 3150 Kitchener Street

Class times: Morning Class: 8:30 AM – 11:35 AM
 Afternoon Class: 12:05 PM – 3:10 PM

Elementary students may register for **one** Ministry funded course and **one** fee-based course. Elementary students must register in their current grade level except for Grade 7 students, who may register for Grade 7 level elementary courses or Grade 8 Secondary Preview courses.

Please note, availability of courses is subject to change. If registration for a course is lower than expected, courses may be combined into alternate grade groups (primary & intermediate).

ELEMENTARY COURSES - Descriptions of courses are on pages 3-5.

Students will review and learn new skills from a combination of curricular areas including Language Arts, Mathematics and Science. Students MUST register in their grade level as of June 30, 2026.

LOCATION	DK		KS		MG		RF		SE		LK		VH		WS	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
July 7 – 24 (Mon-Fri)																
Funded Courses																
<i>Animals, Art & Science! (Grades K-1)</i>	✓	✓					✓	✓	✓	✓	✓	✓	✓	✓		
<i>Animals, Art & Science! (Grades 2-3)</i>	✓	✓	✓	✓	✓	✓										
<i>Exploration In Drama and Literacy (Grades 4-7)</i>												✓	✓	✓	✓	
<i>Exploring Creative Writing (Grades 4-7)</i>	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓		
<i>Financial Literacy (Grades 4-7)</i>					✓	✓			✓	✓						
<i>Fun with Math (Grades K-1)</i>	✓	✓			✓	✓										
<i>Fun with Math (Grades 2-3)</i>			✓	✓	✓	✓					✓	✓				
<i>Fun with Science (Grades K-1)</i>			✓	✓												
<i>Fun with Science (Grades 2-3)</i>													✓	✓	✓	✓
<i>Fun with Science (Grades 4-7)</i>							✓	✓								
<i>Fun With Stories, Songs, and Art (Grades 4-7)</i>	✓	✓							✓	✓	✓	✓				
<i>Get Outdoors - Fun with Writing (Grades K-1)</i>			✓	✓	✓	✓							✓	✓		
<i>Get Outdoors - Fun with Writing (Grades 2-3)</i>	✓	✓	✓	✓							✓	✓				
<i>Get Outdoors - Fun with Writing (Grades 4-7)</i>							✓	✓								
<i>Getting Ready for Grade 1 (Kindergarten)</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<i>Getting Ready for Grade 4 (Grade 3)</i>	✓		✓	✓	✓		✓	✓	✓	✓					✓	✓
<i>Hooked on Reading and Writing (Grades K-1)</i>											✓	✓				
<i>Hooked on Reading and Writing (Grades 2-3)</i>					✓	✓			✓	✓			✓	✓	✓	✓
<i>Hooked on Reading and Writing (Grades 4-7)</i>	✓	✓			✓	✓									✓	✓
<i>Learning to Love Literacy (Grades K-1)</i>							✓	✓	✓	✓						
<i>Learning to Love Literacy (Grades 2-3)</i>					✓	✓										
<i>Literacy & Numeracy (Grades K-1)</i>	✓	✓							✓	✓	✓	✓	✓	✓	✓	✓
<i>Literacy & Numeracy (Grades 2-3)</i>			✓	✓			✓	✓	✓	✓	✓	✓				

LOCATION	DK		KS		MG		RF		SE		LK		VH		WS	
July 7 – 24 (Mon-Fri)	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Funded Courses																
<i>Literacy & Numeracy (Grades 4-7)</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓						✓	✓
<i>Literacy & Numeracy in Nature (Grades K-1)</i>					✓	✓	✓	✓								
<i>Literacy & Numeracy in Nature (Grades 2-3)</i>											✓	✓	✓	✓		
<i>Literacy & Numeracy in Nature (Grades 4-7)</i>								✓			✓	✓				
<i>Literacy through Awesome Art (Grades K-1)</i>	✓	✓											✓	✓	✓	
<i>Literacy through Awesome Art (Grades 2-3)</i>	✓	✓							✓	✓			✓	✓		
<i>Literacy through Music, Dance, & Drama (Grades K-1)</i>	✓	✓			✓	✓	✓	✓								✓
<i>Literacy through Music, Dance, & Drama (Grades 2-3)</i>					✓	✓	✓	✓			✓	✓				
<i>Math & Literacy through Sports (Grades 4-7)</i>			✓	✓				✓	✓			✓	✓			
<i>Math Games, Puzzles and Art (Grades K-1)</i>			✓	✓				✓		✓	✓			✓		
<i>Math Games, Puzzles and Art (Grades 2-3)</i>	✓	✓			✓			✓	✓				✓	✓	✓	✓
<i>Math Games, Puzzles and Art (Grades 4-7)</i>	✓	✓	✓	✓						✓	✓			✓	✓	
<i>Math: Beyond the Worksheet (Grades 4-7)</i>					✓	✓										
<i>Pumped up for High School (Grades 6-7)</i>					✓	✓				✓	✓			✓	✓	✓
<i>Stories Live within Us (Grades K-1)</i>												✓	✓			✓
<i>Stories Live within Us (Grades 2-3)</i>	✓	✓						✓	✓							
<i>Strengthening Math Skills (Grades 4-7)</i>	✓	✓										✓	✓			
<i>Super Science (Grades K-1)</i>					✓	✓										
<i>Super Science (Grades 2-3)</i>								✓	✓							
<i>Super Science (Grades 4-7)</i>										✓	✓			✓	✓	
<i>The Great Reading & Writing Experience (Grades 4-7)</i>								✓	✓			✓	✓			
Fee-Based Courses (\$425)*																
<i>Art Adventures with Awesome Authors (Grades K-1)</i>			✓	✓	✓	✓						✓	✓			
<i>Art Adventures with Awesome Authors (Grades 2-3)</i>	✓	✓			✓	✓				✓	✓	✓	✓	✓	✓	
<i>Create Your Own Comic Book! (Grades 4-7)</i>	✓	✓							✓		✓			✓	✓	
<i>Design Thinking for Young Engineers (Grades 2-3)</i>									✓							✓
<i>Design Thinking for Young Engineers (Grades 4-7)</i>									✓							✓
<i>Summer Games and Outdoor Adventures (Grades K-1)</i>								✓	✓	✓	✓					
<i>Summer Games and Outdoor Adventures (Grades 2-3)</i>	✓	✓			✓	✓	✓	✓				✓	✓	✓	✓	✓
<i>Summer Games and Outdoor Adventures (Grades 4-7)</i>					✓	✓	✓	✓				✓	✓	✓	✓	✓
<i>Summer of STEAM (Grades K-1)</i>	✓	✓												✓	✓	
<i>Summer of STEAM (Grades 2-3)</i>										✓	✓					
<i>Summer of STEAM (Grades 4-7)</i>	✓	✓	✓	✓	✓	✓				✓	✓					

Courses & locations and *fees subject to change after publication of this program brochure.

ELEMENTARY (K – 7) COURSE DESCRIPTIONS

July 7 – 24, Monday to Friday

Animals, Art & Science! (Grades K-1) / (Grades 2-3)

Join us on a fun adventure where animals, art and science meet! Travel to the ocean, mountains, and savanna to meet the animals that live there! We will be exploring their habitats and learning about a variety of animals. Students will have the opportunity to ask questions, feed their curiosity, exercise their creativity, and explore their imagination as we learn and create together.

Exploration In Drama and Literacy (Grades 4-7)

This course will introduce the basic pillars of drama and explore character development through voice, movement and imagination and apply these elements in scenes, improv and short plays. Students will maintain a journal and have writing exercises. Working collaboratively, students will create and/or participate in dramatic scenes/skits.

Exploring Creative Writing (Grades 4-7)

Are you ready to become a powerful writer? This course is designed for students who wish to develop a strong writing ability and are ready to step into a rich world of literature and imagination. Students will learn to captivate readers with the use of descriptive language in their writing. Emphasis will be placed on extending ideas, using details, organization, and sentence structure.

Financial Literacy (Grades 4-7)

In this course, students will learn and use mathematical computation to build knowledge of practical financial literacy skills. Students will research how much things cost and use mathematical strategies to plan and create a project on budgeting money.

Fun with Math (Grades K-1) / (Grades 2-3)

This hands-on course will set a strong foundation in mathematics. Students will explore a variety of math manipulatives and visual aids to create a deeper understanding of numbers. Exploring different ways to represent quantities will help students develop computational fluency. Exciting math games will help students solidify their learning!

Fun with Science (Grades K-1) / (Grades 2-3) / (Grades 4-7)

Do you like fun and exciting science experiments? Do you like learning in a hands-on setting and designing your own experiments? Learn how science is applicable in our everyday life through a variety of hands-on and inquiry-based activities in this fun and upbeat summer experience. Everyone will feel like a real scientist as we make predictions, record observations, and conduct experiments.

Fun with Stories, Songs and Art (Grades 4-7)

Be inspired by art, music, and words! In this course, students will be immersed in a variety of novels, stories and poetry and have the opportunity to respond through art, music and drama. Whether you want to be an artist, author, or actor, this course is for you!

Get Outdoors - Fun with Writing (Grades K-1) / (Grades 2-3) / (Grades 4-7)

Come and discover all the fascinating things that can be learned outdoors. Through an integrated approach to literacy, students will be encouraged to develop an understanding of the connections found in nature. Students will explore different aspects of creative writing and engage in physical activities and games.

Getting Ready for Grade 1 (Kindergarten)

Let's get ready for Grade One! Students will participate in many engaging activities to practice their numeracy and literacy skills. They will work on the building blocks of reading and writing as well as important numeracy concepts. This course will also support your child's development of independence, listening, and organizational skills in preparation for the big jump to Grade 1!

Getting Ready for Grade 4 (Grade 3)

The transition from primary to intermediate for students is a critical step. This course will help make the transition smoother. This course is designed to help Grade 3 students get a preview of the expectations and curriculum associated with Grade 4. Topics covered will focus on Language Arts and Math with particular emphasis on developing independence and effective work habits.

Hooked on Reading and Writing (Grades K-1) / (Grades 2-3) / (Grades 4-7)

This course is for everyone! Students will read and explore different genres of writing while learning new techniques and writing styles. Whatever your reading or writing level, you will feel supported, engaged and finish the course a more confident and skilled student...all while having fun!

Learning to Love Literacy (Grades K-1) / (Grades 2-3)

Students will grow in their literacy learning by participating in activities such as writers' workshop, literacy centres, and guided reading. These activities will provide students with opportunities to practice their reading, writing, and oral language skills in a fun, collaborative, and engaging way. This class makes reading and writing fun for everyone in a low-pressure setting with content that captures student's interests and imagination.

Literacy & Numeracy (Grades K-1) / (Grades 2-3) / (Grades 4-7)

Students will review key Language Arts and Mathematics skills. Emphasis will be on reading, writing and basic computation skills appropriate for the student and grade level. The summer environment is motivating and enables all students to be successful with their learning.

Literacy & Numeracy in Nature (Grades K-1) / (Grades 2-3) / (Grades 4-7)

This course will engage learners through both classroom and outdoors activities. Students will have the opportunity to connect with their environment, while continuing to develop their literacy and math skills. Together we will make outdoor learning meaningful, memorable, and fun by asking lots of questions, observing, exploring, documenting, and playing many games together!

Literacy Through Awesome Art (Grades K-1) / (Grades 2-3)

This course is designed to expand young children's love of reading through art. Students will study different children's authors, discuss the artistic forms and techniques used in the picture book, and then have fun creating their own artwork.

Literacy Through Music, Dance, & Drama (Grades K-1) / (Grades 2-3)

This course provides an excellent foundation for students to develop their literacy skills while engaging in fun, creative and collaborative activities, and projects. Elements of the course include singing, dancing, rhythm games, drama games, song and script writing. Bring your imagination and let's have some fun!

Math & Literacy Through Sports (Grades 4-7)

Exercise your mind this summer! Students will develop their numeracy and literacy skills while participating in a variety of sports and games. Students will have the opportunity to improve their reading and writing skills through the lens of sport. Students will build their confidence through strengthening both their physical and academic abilities!

Math Games, Puzzles and Art (Grades K-1) / (Grades 2-3) / (Grades 4-7)

Students will sharpen their computation and problem-solving skills through a variety of math games, puzzles, and art activities. This fun and engaging course uses hands-on activities and interactive challenges to build and strengthen a student's understanding of math concepts.

Math: Beyond the Worksheet (Grades 4-7)

Explore mathematical ideas through hands-on and interactive learning activities. Use your creative and mathematical mind to solve real-life problems. Discover why we learn math and see how it applies to your own life.

Pumped up for High School (Grades 6-7)

Are you ready for high school? In this course, Grade 7 students will review important concepts to help ensure a smooth transition to Grade 8. Students will learn important time management strategies, practice different study methods, and hone their writing and math skills. Students will leave feeling more empowered in their role as a high school student.

Stories Live within Us (Grades K-1) / (Grades 2-3)

Stories live within and all around us. Anyone can be a storyteller! By cultivating inspiration through story workshops, books, artworks, photographs, nature walks, music, and more, students will work through the processes of planning, creating, revising, and sharing stories in a variety of forms, including writing, oral presentations, and comics.

Strengthening Math Skills (Grades 4-7)

This class offers students the opportunity to refresh their knowledge of basic computations, patterns, geometry and fractions in a safe, supportive and low-pressure environment. Students will play games and have fun as they develop new math skills and strengthen existing ones.

Super Science (Grades K-1) / (Grades 2-3) / (Grades 4-7)

Curious about science? Students will explore science through engaging and hands-on experiments. By using an inquiry approach, students will learn to think like a scientist. Curiosity and critical thinking are encouraged as students question and explore the world around us. Let's have fun experimenting!

The Great Reading & Writing Experience (Grades 4-7)

Explore interesting and surprising short stories with a focus on comprehension, vocabulary, and writing extensions. Have fun predicting how a mystery may end or laugh at a surprise ending. Understand and utilize the different types of expository writing in new and fun ways. See how the elements of writing are put together and make them your own!

FEE-BASED (Non-Funded - \$425*)**Art Adventures with Awesome Authors (Grades K-1) / (Grades 2-3)**

Inspired by great picture books, students become artists and storytellers themselves! This course will spark young children's love of great stories, writing, and art. Come have fun with brushes, pencils, paint and more.

Create Your Own Comic Book! (Grades 4-7)

Students will explore their voice as a storyteller while practicing their written language skills through the process of creating their own comic book. Blending creating writing with visual art, students will learn how to better tell and analyze stories in both literary and visual media.

Design Thinking for Young Engineers (Grades 2-3) / (Grades 4-7)

Explore the engineering design process while building hands-on STEAM (Science, Technology, Engineering, the Arts, and Mathematics) projects in an interactive environment. Projects will foster creativity and engage students in design thinking. Students will develop their engineering skills and thinking outside the box with everyday materials to create extraordinary structures.

Summer Games & Outdoor Adventures! (Grades K-1) / (Grades 2-3) / (Grades 4-7)

This class is for students of all skill levels and abilities. Get ready for scavenger hunts, games and sports in safe and inclusive setting. Weather permitting, students will spend lots of time outside the classroom enjoying fresh air & activities.

Summer of STEAM (Grades K-1) / (Grades 2-3) / (Grades 4-7)

Looking for a hands-on, practical course that integrates science, technology, engineering, art and math? Then STEAM is for you! Through engagement in various small project-based activities, this inquiry-based course empowers students to take ownership of their learning and become the innovators of tomorrow!

SECONDARY SITES

CH = Churchill Secondary, 7055 Heather Street
 PW = Prince of Wales Secondary, 2250 Eddington Drive

TU = Tupper Secondary, 419 East 24th Ave
 VT = Vancouver Technical Secondary, 2600 East Broadway

Courses & locations subject to change after publication of this program brochure. Please check registration website.

SECONDARY COMPLETION PROGRAM (Grades 10 – 12)

July 7 – August 7, Monday to Friday

Class hours: A.M. = 8:00 - 11:40 AM P.M. = 12:10 - 3:50 PM

This program is intended for students who have not yet graduated and are under age 19 on July 1, 2025, and who wish to:

- acquire credits toward secondary graduation.
- repeat a credit course to improve the mark.
- complete a post-secondary pre-requisite course.

SECONDARY COMPLETION July 7 - August 7 (Mon-Fri)	Churchill		Prince of Wales		Tupper		Van Tech	
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
English Language Arts								
Creative Writing 10 * (Offered with Literary Studies 10)	✓	✓			✓			
Composition 10 * (Offered with Literary Studies 10)	✓						✓	✓
Composition 11	✓	✓				✓	✓	
Creative Writing 11					✓			
Literary Studies 11		✓					✓	
EFP Literary Studies & Writing 11	✓		✓					✓
English First Peoples 12			✓				✓	
English Studies 12	✓	✓		✓	✓		✓	
Mathematics								
Foundations of Math & Pre-Calculus 10	✓	✓	✓	✓	✓	✓	✓	✓
Workplace Mathematics 10							✓	
Foundations of Math 11							✓	✓
Pre-Calculus 11	✓	✓	✓	✓	✓	✓	✓	✓
Workplace Mathematics 11								✓
Pre-Calculus 12	✓	✓	✓		✓	✓	✓	✓
Science								
Science 10	✓	✓	✓	✓	✓	✓	✓	✓
Chemistry 11	✓		✓	✓	✓	✓	✓	
Life Sciences 11	✓	✓	✓		✓	✓	✓	✓
Physics 11	✓	✓	✓	✓			✓	✓
Anatomy & Physiology 12	✓	✓	✓				✓	
Chemistry 12	✓							
Physics 12	✓	✓						
Social Studies								
Social Studies 10	✓	✓	✓	✓	✓	✓	✓	
Explorations in Social Studies 11 **					✓			
20th Century World History 12 **	✓							
BC First People 12**	✓	✓			✓		✓	
Law Studies 12 **	✓							
Social Justice 12**			✓			✓		

SECONDARY COMPLETION	Churchill		Prince of Wales		Tupper		Van Tech	
July 7 - August 7 (Mon-Fri)	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
Physical & Health Education								
Physical & Health Education 10	✓		✓	✓				✓
BA Athlete Development 12 Volleyball ****			✓					
Modern Language								
French 10			✓				✓	
French 11 ***			✓					✓
Mandarin Chinese 11	✓							

* Students must successfully pass this integrated course to earn 4 credits for English Language Arts 10 (2 credits for Literary Studies 10 and 2 credits for Composition 10 or Creative Writing 10).

**Students can choose from any Grade 11 or 12 Social Studies courses to fulfill the grade 11/12 Social Studies graduation requirement. Social Studies 10 is a recommended course for students prior to Social Studies Grade 11 and 12 courses.

*** Students who registered for Modern Languages: French 11 must have completed the previous level of the course (French 10).

**** New Physical Health Education Course for 2026 Summer Learning. Descriptions on page 9.

SECONDARY PREVIEW PROGRAM (Grades 8 & 9)

July 7 – 31, Monday to Friday

Class hours: Session 1 = 8:00-10:10 AM

Session 2 = 10:30 AM -12:40 PM

These courses are designed to provide a preview of the course that students will be taking in the coming school year. Students will receive a student progress report at the conclusion of the course.

SECONDARY PREVIEW	Churchill		Prince of Wales		Tupper		Van Tech	
July 7 – 31 (Mon-Fri)	Sess. 1	Sess. 2	Sess. 1	Sess. 2	Sess. 1	Sess. 2	Sess. 1	Sess. 2
English Language Arts 8 Preview	✓	✓	✓	✓				
English Language Arts 9 Preview	✓	✓	✓	✓			✓	✓
Mathematics 8 Preview	✓	✓	✓	✓			✓	✓
Mathematics 9 Preview	✓	✓	✓	✓	✓	✓	✓	✓
Science 8 Preview	✓	✓	✓	✓			✓	
Science 9 Preview	✓	✓	✓	✓				✓
Physical & Health Education 8/9	✓	✓						

SECONDARY REVIEW PROGRAM (Grades 8 & 9)

July 7 – 31, Monday to Friday

Class hours: Session 1 = 8:00-10:10 AM Session 2 = 10:30 AM -12:40 PM

For students who previously completed the course during the regular school year. These courses are designed to provide a review of the course. Students will receive a student progress report at the conclusion of the course.

SECONDARY REVIEW July 7 – 31 (Mon-Fri)	Churchill		Tupper		Van Tech	
	Sess. 1	Sess. 2	Sess. 1	Sess. 2	Sess. 1	Sess. 2
English Language Arts 8 Review			✓		✓	
English Language Arts 9 Review				✓		✓
Mathematics 8 Review			✓	✓	✓	✓
Mathematics 9 Review	✓	✓	✓	✓	✓	✓
Science 8 Review			✓			
Science 9 Review				✓		
Social Studies 8 Review			✓			
Social Studies 9 Review				✓		

SECONDARY REMEDIAL PROGRAM (Grades 10 & 11)

July 7 – 31, Monday to Friday

Class hours: Session 1 = 8:00-10:10 AM Session 2 = 10:30 AM -12:40 PM

For students who previously completed the course during the regular school year, but who were not successful or received a low “pass”. The objective of this program is to provide these students an opportunity to improve their mark to a maximum of 65%. All assignments must be completed, and attendance must be satisfactory.

SECONDARY REMEDIAL July 7 – 31 (Mon-Fri)	Churchill		Tupper	
	Sess. 1	Sess. 2	Sess. 1	Sess. 2
Composition 10 * Remedial (Offered with Literacy Studies 10)		✓		
Foundations of Math & Pre-Calculus 10 Remedial	✓			✓
Science 10 Remedial			✓	
Social Studies 10 Remedial	✓			

* Students must successfully pass this integrated course to earn 4 credits for English Language Arts 10 (2 credits for Literacy Studies 10 and 2 credits for Composition 10).

SECONDARY LANGUAGE LEARNING (ELL) (Grades 8-12)

July 7 – 31, Monday to Friday

Class hours: Session 1 = 8:00-10:10 AM Session 2 = 10:30 AM -12:40 PM

This course, for newcomer students / English language learners, offers the opportunity to improve listening, speaking, reading and writing skills in a welcoming and supportive environment. Come meet new friends, learn more about your community and leave with greater confidence knowing that you’ve strengthened your English language skills over the summer.

SECONDARY PREVIEW July 7 - 31 (Mon-Fri)	Churchill		Prince of Wales		Tupper		Van Tech	
	Sess. 1	Sess. 2	Sess. 1	Sess. 2	Sess. 1	Sess. 2	Sess. 1	Sess. 2
ELL Reading & Writing	✓	✓	✓	✓	✓	✓	✓	✓

Introducing New Secondary Physical Education Courses for Summer Learning 2026

BA Athlete Development 12 Volleyball Completion Course (Grades 10 -12)

This volleyball-specific PHE course is an introduction to theory and practical components of volleyball, with an emphasis on the holistic development of the student-athlete within a particular community of practice. In this class, students will gain the skills and knowledge to improve their in-game play, knowledge, and awareness, through on-court and in-class sessions. Activities include indoor and grass volleyball, sport-specific weight training and conditioning, and health and nutrition sessions, to develop the holistic athlete. Students will have opportunities to coach their peers in a classroom and gym setting – breaking down the skills and creating practice plans. Students will also undergo officiating training. The goal is to build confidence and skills while learning lessons of teamwork, positivity, and communication.

Physical & Health Education Preview Course 8/9 (Grades 7-8)

The Physical & Health Education 8/9 Preview course is designed for students to gain an overview of key concepts and skills that will be covered in their regular Physical Education courses throughout the school year. This introductory course will provide a foundation in physical fitness, wellness, and healthy living, helping students develop the knowledge and confidence they need to succeed in their PHE classes. Students will explore the importance of physical activity and injury prevention. They will engage in a variety of activities designed to enhance their understanding of fitness components such as strength, flexibility, cardiovascular health, and endurance. Additionally, students will familiarize themselves with team dynamics, sportsmanship, and the expectations of their PHE curriculum in the coming year. By the end of the course, students will be prepared to approach their full PHE program with a solid understanding of key concepts, skills, and habits that contribute to a healthy, active lifestyle.