

Physical Education

1^{ere} (11th Grade FB) [2 periods per week]

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Course Description

Physical Education offers a variety of practices and physical / sporting activities. It allows students to access the cultural and social aspects of sports. Those are fundamentals in order to develop a cultivated, open-minded, respectful and well-rounded student.

Our goal is to educate students to be autonomous and help them learn about well-being and physical health for the short and long term. PE is also a way to develop a taste for effort and find pleasure in practicing.

PE in high school aims to:

- Develop motor skills
- Learn how to train and practice autonomously
- Be responsible and take initiative in a group setting or individually
- Teach students to maintain their personal health in the long term
- Give access to sporting culture

In order to develop those skills, PE uses 5 categories of activities defined as following:

- Achieve a performance that can be measured by the end of the unit (track and field, swimming...)
- Adapt movements and pathways depending on the surrounding and environment (lifeguarding)
- Express themselves using their body in front of an audience (acrosport, dance)
- Master an individual or team opposition (soccer, volleyball, basketball, table tennis...)
- Learn methods and tools in order to develop and maintain a healthy body and mind in the short and long term (strength training, relaxation...)

Timeline

August- November: strength training, cardio and relaxation

December- February: track and field

March-June: table tennis