

COURSE: Freestyle Ski/Board Academy – Healthy Living 09 (HL09)

INSTRUCTOR

Rod Peters
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RECOMMENDED PRE-REQUISITES

Students interested in SD22 academies must meet the requirements for acceptance determined by the Academy Director.

CREDITS

n/a

OVERVIEW

The Big Ideas, Content, and Curricular Competencies for this course can be found here: [Sport Development Curriculum](#)

BIG IDEAS

Movement awareness and skill development enhance physical literacy and learning potential.	Technical and tactical development are an essential part of sport specific training.	Improved strength and conditioning support athletic development.	Sport training enhances the understanding and appreciation of the health benefits of physical activity.	Sport cultures value and encourage positive communication, fair play, leadership and teamwork in athletes.
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The Freestyle Ski/Board Academy is a dedicated training academy operating in partnership with School District No.22 and VLearn with aims to provide extensive freestyle skill instruction alongside SD22 academic education program. The program provides students with a physical education in Sport Development while gaining credits through sport specific training and skill development. The Freestyle Ski/Board Academy focuses on providing students opportunities to develop both freestyle specific skills and training alongside Sport Development Education that meets the requirement of The BC Education Curriculum and in preparation for SD22's Board Approved Courses for Sport Development 10,11 and 12.

Students/Athletes receive a Physical & Health Education 09 course along with this freestyle ski/board specific course taking the academy. Both courses are supported by vLearn.

ASSESSMENT

Assignments	Discussion Forums	Reflecting and Planning	Self-Assessments	On Field Evaluations
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Student growth and progress will be shared and communicated using the Provincial Proficiency Scale.

The Provincial Proficiency Scale	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
	The student demonstrates an initial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a partial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a complete understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a sophisticated understanding of the concepts and competencies relevant to the expected learning.

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REGISTRATION

Please see the SD22 Academies [website](#) for further information. Potential academy students must submit an Expression of Interest to be considered for academy courses.



Please note – vLearn is a District Online School and can only serve students in the SD22 Catchment Area. Grade 8/9 students need approval from their home school administrator to take courses with vLearn. Please use your SD22 email address to register (000000@sd22.bc.ca)



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to register](#)