



PRESTON HIGH SCHOOL

HOME OF THE PANTHERS



Sport Enthuslast?

We offer **PP10X/10Y, 20X/20Y and 30X/30Y.**

These are our traditional Phys Ed courses for Grades 9-11 Females and Males which have many of the individual, partner and team activities that students may have been exposed to in the past, including:

- Volleyball, Basketball, Football,
- Soccer, Rugby, Tennis, Badminton,
- Weight Training, Lacrosse

Students are also introduced to some fun, new activities, including:

- Pickleball, Speedminton, Low Org Games, Archery,
- Winter Games (including Cross Country Skiing),
- Cricket, Ultimate Frisbee, Speedball, Dance and others!

Senior Level- Co-Ed Courses (Grades 11/12+)

PPL4OI- Recreation, Fitness and Leisure Activities for the Senior Student.

PLF4MI – Recreational and Fitness Leadership
* **SHSM req. course**

PSK4UI “Kinesiology” - Study human anatomy, issues related to sports and workplace.

Co-Op Phys Ed – Co-Operative Education
Phys Ed

What makes PHS Phys Ed such a great course and option for PHS Panthers?

We have 16 different courses, and 2 separate activity streams in Phys Ed after Grade 9. Our facility is second to none in the Waterloo Region.

We have a beautiful double gym, a single gym, A WEIGHT ROOM, cardio room, fitness studio, 4 tennis courts, baseball diamond, 2 fields of play, a running track, 4 km of Fitness Trails along the beautiful Speed and Grand Rivers.



The Specialist High Skills Major is a specialized, ministry approved program that allows students to focus their learning on a specific economic sector (Sport) while meeting the requirements of the Ontario Secondary School Diploma.

The **SHSM program** provides funding for students to learn about the Sport sector in a non-traditional classroom manner. **COST TO THE STUDENT = \$0.**

As part of the program, students need to complete compulsory and elective credits, reach ahead activities, and experiential learning opportunities.

These may include a Career Forum with Maple Leaf Sports and Entertainment and a Raptors 905 game, a Toronto Blue Jays game, McMaster High Ropes Course, Standard First Aid and CPR certification and more!

Fitness Enthuslast?

We offer **PAF 20X/20Y, 30X/30Y & 40X/40Y.** These are our Personal Fitness courses for Grades 10-12 and we call them “Live Fit” for the girls, and “Power Fit” for the boys – just our “catchy” names for the courses that the kids like to say they are in. These are very similar to L.E.A.P. type programs at other schools with an emphasis on assessment of, and then planning for high levels of Personal Fitness. Students in these courses would be exposed to traditional fitness activities such as: **Weight Training / WeightLifting, Cardio Based Training, and Circuit Training**

However, students will also be introduced to more modern types of Fitness Training, such as: **TRX, Bosu/Balance Ball Training, Stability/Core Ball Workouts, Pilates, Yoga, Kettlebells, Lebert Buddy System Training, Equalizer Bar Exercises, Indoor & Outdoor Boot Camps, Tabata, HIIT workouts and many other varieties of trendy workouts**

Our Live and Power Fit programs are NOT exclusive – any student at PHS who wants to take a Fitness Course and work on their overall Health and Fitness is allowed entry to the course. Also, virtually all of our students get the fitness gains that they want by properly selecting and following the training protocols offered to them in class. These courses also have several guest instructors each year (NLPT, Fusion Yoga, the GrooveEdgeUcation, Fitz The Whip Vanderpool Boxing just to name a few).