



Wetaskiwin Regional Public Schools  
**2019 SUMMER SCHOOL**  
**PHYSICAL EDUCATION 10, 20 or 30**  
**Earn 5 Credits**

The objective of this program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.

Spend your summer doing the following physical activities and many more...

- *Canoeing*
- *Swimming*
- *Paddleboarding*
- *Soccer*
- *Volleyball*
- *Yoga*
- *Bocci ball*
- *Survival skills*
- *Water Aerobics*

**Basic Aims from the Alberta Program of Studies for Physical Education**

- The physical education program emphasizes active living, with a focus on physical activity that is valued and integrated into daily life
- Strong evidence exists that physical activity contributes to the overall well being of individuals. People of all ages can substantially improve their health and quality of life by including a moderate amount of physical activity into their daily routines.

The Wetaskiwin Regional Public School Division is proud to offer a Physical Education 10, 20 or 30 course that can be completed in this summer. Students have the opportunity to receive 5 credits in their respective level of Physical Education.

This summer course is being held at The Mulhurst Camp located on the shore of Pigeon Lake. This course is open to high school students who want to jump start their next school term, want to earn more credits, need this course for their graduation, or may simply want to take it for the experience. The PE course will be offered as a 5 credit course.

This course will be offered beginning July 2 and concluding on July 16. Classes will be held Monday to Friday while still having weekends off to enjoy the summer. If you have any questions or require further information, please refer to the contacts below.

Students will be required to dress for the weather as all activities will take place outdoors. The following are a suggested list of items required everyday: swim suit, towel, suntan lotion, bug spray, running shoes, socks, shorts, track/yoga pants, t-shirt, sweatshirt, rain jacket (if rain in the forecast), water, lunch



<b>Courses</b>	Physical Education 10, 20 or 30
<b>Credits earned</b>	5 Credits
<b>Location</b>	Mulhurst Camp Mulhurst Bay, AB
<b>Fee</b>	\$100.00 Enhanced Program Fee *all fees are nonrefundable
<b>Dates/Times</b>	July 2-16, 2019 8:00 - 4:30 PM Monday - Friday
<b>Participants</b>	Cap of 25
<b>Instructor(s)</b>	Jennifer MacDougall <a href="mailto:jennifer.macdougall@wrps11.ca">jennifer.macdougall@wrps11.ca</a>
<b>Delivery</b>	Unit based, minimal lecture which allows students the opportunity to experience more physical activity.
<b>Registration</b>	Registration and fee payment online for WRPS students  <b>DEADLINE MAY 27, 2019</b>
<b>Contact</b>	For additional information, please contact:  <b>Jennifer MacDougall</b> <a href="mailto:jennifer.macdougall@wrps11.ca">jennifer.macdougall@wrps11.ca</a>  <b>Mrs. Elgert; District Principal</b> 780-352-3655 <a href="mailto:karen.elgert@wrps11.ca">karen.elgert@wrps11.ca</a>