

Salish PHE Courses Grade 10 - 12

Active Living, Fitness, Athletics & Intramural Courses

Active Living 10

Active Living 10 Credit

Team / dual sports and activities;
individual fitness; leadership
development; social
responsibility

Active Living 11 & 12

Active Living 11 Class / Credit
Active Living 12 Class / Credit

Team / dual sports and activities;
individual fitness; leadership
development; social
responsibility

Fitness & Conditioning 11 / 12

Fitness & Conditioning 11 Credit
Fitness & Conditioning 12 Credit

Individual fitness; training,
anatomy, nutrition, motivation,
goal-setting.

Please see Ms. Riddoch for
more information

Active Living Athletics 10

Active Living 10 Credit

This is a specialized Active Living 10 course,
designed to support our school Athletics program.
Students in this class will learn to plan, organize,
and officiate events in support of extra-curricular
sports at Salish, with an emphasis on the fall and
winter seasons (volleyball and basketball). An
application is required to take this class,

Please see Mr. De La Paz for more information

Active Community 11 / 12

Active Living 11 Credit
Active Living 12 Credit

This Active Living 11/12 course focuses on
developing and implementing a positive, active
culture within the community. Students will
explore their creativity to plan, organize, and lead
events that support the junior PHE classes at
Salish, as well as with our K-7 feeder schools. An
application is required to take this class,

Please see Mr. Pederson for more information

SALISH

Intramural Leadership 9 - 11

Linear X Block
Outside the Timetable
NOT A PHE CLASS
Leadership 10 Credit

This is a linear X Block course
with classes running before
school and at lunch.

This courses focus is on the
organization & running of our
school's lunch time intramurals

An application is required to
take this class, please see Mr.
Spierling for more information

