

HOLY TRINITY ATHLETICS

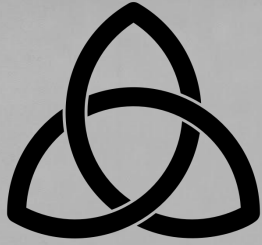


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MIDDLE SCHOOL PHYSICAL EDUCATION

At Holy Trinity, we pride ourselves on offering a balanced education that nurtures the mind, body, and spirit. Our Physical Education program aligns with the **Alberta Program of Studies**, emphasizing:

- **Active Living:** Encouraging lifelong fitness and well-being.
- **Skill Development:** Mastering fundamental movement skills across various activities.
- **Teamwork & Leadership:** Building cooperation, leadership, and sportsmanship.
- **Inclusive Fun:** Creating an environment where every student feels welcome and engaged.

MIDDLE SCHOOL PHYSICAL EDUCATION

As a **Knight**, you'll have the opportunity to participate in a variety of sports and activities including:

Team Sports	Individual & Cooperative Activities	Fitness & Wellness
Basketball Volleyball Soccer Handball Lacrosse Ball Hockey Badminton	Catching & Throwing (Frisbees & Footballs) Dance & Rhythmic Movement Field Games & Tag Games Omnikin Ball Games Cooperative Team-Building Indigenous Games	Personal Fitness Challenges Circuit Training Flexibility & Strength-Building Goal Setting & Healthy Living Habits

HOLY TRINITY HIGH SCHOOL PHYSICAL EDUCATION

In Alberta and at **Holy Trinity**, the high school physical education program emphasizes active living by integrating physical activity into everyday life. The program aims to develop students' knowledge, skills, and attitudes necessary for leading active, healthy lifestyles

The curriculum is structured based on four general outcomes:

1. **Activity**: Acquiring and improving movement skills through various activities
2. **Benefits Health**: Understanding how physical activity contributes to overall health and fitness and developing the ability to plan and implement personal fitness programs.
3. **Cooperation**: Developing interpersonal skills through cooperative activities, emphasizing fair play, teamwork and leadership
4. **Do It Daily...For Life**: Fostering a commitment to regular physical activity by setting personal goals, ensuring safety, and encouraging active participation in the community.

Overall, the program seeks to instill a lifelong appreciation for physical activity and its role in maintaining health and well-being

HOLY TRINITY HIGH SCHOOL PHYSICAL EDUCATION



Grade 10 Physical Education is a requirement for graduation. You have two options: Physical Education 10 or Wellness. It is suggested that if you have an interest in athletics, to join PE 10. If you do not have a desire to play sports or would prefer a non-competitive environment, it is best to join Wellness (non-sport) 6

HOLY TRINITY HIGH SCHOOL PHYSICAL EDUCATION

Here's what to expect in both courses:

Physical Education 10

- badminton
- volleyball
- futsal/soccer
- handball
- ultimate frisbee
- tchoukball
- basketball
- Indigenous games
- wheelchair basketball
- low organized/
cooperative games

Wellness (non-sport)

- YOGA
- dance
- meditations
- nature walks
- stretching/flexibility
- strength training
- workouts
- nutrition
- baking/cooking - trying healthy recipes
- low organized/cooperative games



HOLY TRINITY AFTER-SCHOOL SPORTS TEAM

- Cross Country
- Golf
- Volleyball
- Basketball
- Badminton
- Soccer
- Track & Field
- Esports

"Step into a proud tradition of athletic excellence — right here at Holy Trinity!"



Back-to-Back 3A Boys Basketball Provincial Champions