Claremont Community Card

The Community Card assignment is a mandatory component of the PE9 and PE10 curriculum at Claremont Secondary. The assignment asks students to participate in a community based recreational activity and comment on their experience. It is hoped that through this activity students will develop a better understanding of the recreational opportunities available to them in their community. Students will therefore be better equipped to facilitate their own healthy lifestyle and active living once they leave school.

Name:	_ Grade	:	Teacher:
	<u>OPTIC</u>	N# 1	
<u>Purpose of this Assignment:</u> Fo activities organized or facilitated			
Community activities students have found interesting in the past:			
Exercise Class (rec. center) Weight Training (rec. center) Squash, Racquetball or Tennis Organized Community Runs (ie.	Swimming (rec. c Golf (9, 18 holes, Zip Trekking	Par 3, mini)	Skiing/Snowboarding First Aid Climbing (indoor @ Boulders)
* 1Team sports/clubs in which you regularly partake in do not qualify for this assignment. * This is not a solo, self created activity such as walking your dog or mowing the lawn. Although these can be great exercises, they do not qualify.			
23Evidence such as a receipt, pass and/or scorecard must be attached to the community card.			
Please answer the follow 1. What activity did you do?	ing questions	<u>S</u>	
2. What did you or did you not enjoy about this activity?			
3. What were the most positive and negative aspects of this activity?			
4. In what ways did you find this activity challenging?			
5. Would you do this activity again? Explain why or why not.			
Date Received:(teac	ther fills out)	DUE:	

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OPTION #2"

Instructions:

- Students will refer to the latest Program Guide produced by either Saanich Parks and Recreation and/or the Panorama Recreation Center. These documents can be obtained at any Saanich Parks & Rec. facility and/or the Panorama Recreation Center. They can also be viewed by visiting the following websites: http://www.saanich.ca/resident/recreation/activeliving.html, http://www.crd.bc.ca/panorama/
- Students will identify **2 opportunities** which interest them.
- These should be classes or drop-in activities which <u>involve physical activity</u>. Sorry no basket weaving or video games.
- These should be activities which stretch the students comfort zone. These should be activities the student does not currently participate in. (Ex. Basketball players should not select drop-in basketball)

The student will address the following criteria for **2 ACTIVITIES**: The Name of Activity: The Cost of Activity: The Time and Location of Activity _____ A detailed and thoughtful description of why the student selected this particular activity and how they see it fitting into their long term active health plans. [approximately 150 words] ____

Electronic submissions should be sent to: sryan@sd63.bc.ca