

# **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: \_\_\_\_\_

## **OPTION# 1**

**Purpose of this Assignment:** For students to familiarize, access and participate in physical/ leisure activities organized or facilitated by community groups (rec. centers, golf course, ski hill, etc.)

### **Community activities students have found interesting in the past:**

Exercise Class (rec. center)	Swimming (rec. center)	Skiing/Snowboarding
Weight Training (rec. center)	Golf (9, 18 holes, Par 3, mini)	First Aid
Squash, Racquetball or Tennis	Zip Trekking	Climbing (indoor @ Boulders)
Organized Community Runs (ie. TC 10K)	Volunteering for an activity related to sports or health	

\* 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 following questions**

1. What activity did you do?
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: \_\_\_\_\_ (teacher fills out) **DUE:**

