

BHS ATHLETICS

Beaconsfield High School is a member of the **Greater Montreal Athletic Association**, which is a school sports organization devoted to the promotion of athletics in the English schools of the greater Montreal region.

BHS participates in the following GMAA sport programs: Soccer, softball, volleyball, ice hockey, track and field, flag football, rugby, badminton, swimming and cross country running (subject to change).

GMAA sports are open to all girls and boys in secondary 1 to 5. Teams are coached by teachers or supervised by a staff representative in the case of an outside coach.

GMAA activities take place after school hours.

BEACONSFIELD HIGH SCHOOL



Facilities:

BHS Phys. Ed. has the following facilities are available for use:

- 2 Hardwood Floor Gymnasiums
- Weight room/ fitness room
- Full sized outdoor soccer field
- 3 beach volleyball courts
- Dance studio



Beaconsfield High School



B.H.S.
Phys. Ed
Physical Education

Beaconsfield High School

250 Beaurepaire Drive

Beaconsfield, Qc H9W 5G7

(514) 697-7220

bhsphysed.weebly.com

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Physical Education at B.H.S. is...

a VIBRANT, ENERGETIC and INNOVATIVE department!



Through global planning we have developed a 5-year program ensuring that each year in physical education at B.H.S. is unique.

Adhering to the Minister of Education's guidelines, students will be exposed to a wide variety of Individual and team based activities. Students will also be introduced to healthy lifestyle topics ranging from personal hygiene, heart rate, quality sleep and the effects of stress.

Activities presented include: volleyball, soccer, ultimate Frisbee, gymnastics, Ringuette, touch football, basketball, individual movement sequence, badminton, fitness, CPR, handball, mini Olympics, weight training, omnikin, peer teaching, yoga, tchoukball...

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ADDITIONAL PHYSICAL EDUCATION OPPORTUNITIES

BHS Phys. Ed. offers 2 options course for senior students

Sport Fitness (Sec. 3, 4 & 5)

This course is geared for students preparing to adopt a healthy lifestyle.

- Students will set their own personal fitness, nutritional and wellness goals and create a program in order to achieve those goals.
- Self-development in the areas of exercise, sport and nutrition will be emphasized.

Physical Education Leadership (Sec. 5)

This course is designed to help students keep themselves fit and to help others understand the importance of leadership.

- Students will acquire proper workout techniques, general knowledge relating to a variety of sports, and will develop self-confidence as an athlete and as a leader.
- Theoretical components include developing interpersonal skills, mentoring, team building, time management and promoting physical activity.

Students will develop leadership skills while organizing intramurals for younger grades, as well as helping with the interscholastic sport team programs.

