

# Prince Charles Secondary Schools gets fits!

## Contact:

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## School:

Prince Charles Secondary School

**Process:** At Prince Charles Secondary school we are trying to keep all students healthy and fit by offering a variety of things to do. Here is a sample:

- Our physical education classes last 79 minutes long and emphasize some type of fitness component as well as skill development in a sport. The students are taught sports that can transfer to life long opportunities for participation.
- We offer a full set of sports teams for all grades in volleyball, basketball, soccer, curling and track and field. Most of our coaches are staff members!
- We offer daily activity at lunch. For the girls, belly dancing, yoga and hip hop dance. For the boys, dodge ball or basketball. The dodge ball games attract 40 players and are very intense!
- We offer weekly soccer fun for all that is run Fridays after school and is open to all students interested regardless of whether they play on a team.
- Our fitness center is open to staff 24/7 and to interested students after school.
- When classes are 'double blocked' on Fridays teachers regularly take the students for a 'walk around the block' to refresh and rejuvenate thinking.
- We allow skateboarding on the large side cement slab.
- When we are snow free students have access to soccer balls and basketballs that can be used outdoors at lunch.
- Air hockey and foosball are in the student lounge and those games can get people moving.
- For first semester we offered a hockey course that was in addition to physical education. Students worked on skills, fitness and game skills. The course was open to boys and girls.
- Staff members have on-site yoga classes delivered once per week after school.
- Our ski/snowboard club travels four weekends to local hills. 60+ students take part each day.
- School district staff have reduced rates at the local gym.

## People Involved:

School-wide

## Key changes or results:

We have not seen any key changes/results with the girls activities yet as the activities are new. The boys' activities have had a positive impact on the school. Noon hours are 'less active' and hallways are quieter as the boys are in the gym playing.



**Challenges:**

Our key challenges are maintaining the girls in the activities. Initial interest was high but the concept of changing, sweating, messing hair etc. is still a struggle to keep the girls active during that time.

**Solutions/keys to success:**

TBD

**Next Steps:**

Once the program is going for a while we will evaluate and adjust.

