

# Valleyview Secondary School expands fitness offerings

**School:**

Valleyview Secondary School

**Contact:**

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**Process:**

Valley View Secondary has enhanced the course offerings for Grade 10-12 male and female students by developing a series of courses that go beyond the normal PE curriculum. All students can choose from two new classes: Sport Specific or Human Performance. In Human Performance, students learn a variety of fitness programs that they can tailor for their own fitness or health reasons and interests.

In addition, the school has created classes targeting the specific needs of just female students in the building. Grade 10-12 female students can choose from a healthy selection of courses to meet all their fitness and recreational needs to build a good foundation for a healthy lifestyle. Students can choose from Gim-Girls in Motion, Exercise for Life, or Dance. These classes offer everything from yoga, belly dancing, various exercise programs using weights, bosu balls, balance balls, core fitness, cardio-training, healthy eating, hiking, water aerobics and many more opportunities. Because of these classes, the girls learn and develop their ability to choose a variety of healthy activities for themselves.

These classes are always full, which reflects the desire and interest that has been created.

**People Involved:**

Staff, grade 10-12 male and female students.

**Key Changes or Results:**

Valleyview previously only offered “traditional” PE classes and as it moved from a Jr. to Sr. Secondary school, staff realized the need for some attractive options to keep Senior students, particularly females, involved. Therefore, the ideas for the “Girls in Motion,” “Exercise for Life,” and “Dance” were created. This has resulted in an incredible 70% involvement of our female students! With the “sports Specific” and “Human Performance” classes, both male and female students are welcome- creating enough options to meet many interests.

**Challenges:**

The staff involved in these new courses were not able to use the gym for these classes, so working within their departments, they created a “multi-purpose” room that is used to hold meetings, drama audiences, etc. It is now predominantly used throughout the day for these classes. The area has a 30x40 set of wrestling mats and cupboards for weights and yoga mats. One wall is completely mirrored which makes it “studio-like.” The Dance class has an annual performance that has raised money for these mirrors. Staff also raised money for class sets of exercise balls, bosu balls, walking-poles, hand weights, etc. The weight room in the gym area has been enhanced with exercise-bikes and weight equipment and stations. This process has taken about 2-3 years.



**Solution/Keys to Success:**

For the female classes, the enthusiasm and commitment of the three female staff has been the key. They all took “up-grading” and classes to ensure their level of expertise and confidence were acceptable for teaching these courses. They also engaged the expertise of a variety of local instructors in yoga, belly-dancing, fitness, etc. to provide instruction. A number of community facilities are also used to ensure exposure to a variety of life-long fitness opportunities, and the school has continually added to the gym weight room area.

**Next Steps:**

Staff have made a presentation to the school board to install a hardwood floor in the multipurpose room, as it will be a better surface to students to work on. Continual maintenance and enhancement of equipment is also important as the use and wear and tear will dictate more needs, and staff will continue to promote each of these classes to the students.