

# FOUR WINDS PUBLIC SCHOOL



# SPORT FOR LIFE ACADEMY

*Sport*  
IS ONE OF THE BASIC JOYS  
of life.



# FOR THOSE WITH A PASSION FOR SPORT & LOVE OF AN ACTIVE LIFESTYLE



*Promoting a healthy and active lifestyle, Sport for Life Academy (SFL) is based on the Canadian Sport for Life (CS4L) Model, a movement to improve the quality of sport and physical activity in Canada where the students are introduced to a variety of activities at an introductory level.*

## **The goal of the Sport for Life Academy is to:**

- Provide students with specialized instruction and achieve skills in a variety of sport activities.
- Develop a long-lasting love for sports.
- Improve sports knowledge of rule and gameplay strategies in a variety of activities.
- Increase self-esteem and confidence with new athletic endeavours.
- Promote a passion for physical activity.
- Improve fine motor skills and coordination.
- Build new friendships.
- Develop long-term leadership skills through an emphasis on empowering the student athlete.
- Cultivate teamwork skills and positive role-modeling within the Academy and school community.

## **Schedule:**

- In Grades 5 & 6, SFL replaces the complementary classes.
- In grades 7, 8 and 9, students will take one complementary class per term along with Sport for Life Academy.
- All classes are supervised by certified teachers and instructors.



## Previous Activities:

Lacrosse

Golf

Yoga

Mountain Biking

Beach Volleyball

Crossfit

Football

Scuba Diving

Tampolining

Rock Climbing

Ringette

Darts

Broomball

Swimming

Skating

Hockey

Zumba

Gymnastics

Parkour

Curling

Fencing

Martial Arts

Soccer

Bowling

Spin Classes

Ball Hockey

Snow Tubing

Handball

Baseball

Arial Park

Paddle-boarding

Velodrome Biking

Hiking

Tobogganing

Activities vary each year.



## Academy Students Must:

- Have good academic standing and proven ability to maintain their academic potential.
- Be highly motivated, disciplined, dedicated, and coachable with a commitment to improvement of skills

## SFL is Curriculum-based and incorporates:

- Physical Education
- Health
- Career and Technology Foundations

## Topics of Study include:

Sports Leadership  
Health & Nutrition  
Sports Psychology  
Training Principles  
Performance Evaluation  
Sports Injuries  
Sports Careers

## Program Fee:

The program fee\* is

Grade 5 \$425

Grade 6 \$600

Grade 7-9 \$850

due in full by September 30, 2023.

## Fees Include:

Program Apparel  
Transportation  
Specialized/Certified Instructors  
Facility Rentals  
Equipment Purchases

*\*program fee is subject to Board and Ministerial approval.*

"I like the field trips and how I get to learn about sports that I've never tried before."

*Kaylie P.*  
SFL Academy student

"I love that it's good for your health. I like how active we get to be! I also like that it can include everybody."

*Nate B.*  
SFL Academy student

"It's fun and we get to do all the sports. The best program the school has to offer. The field trips are fun too!"

*Jeremy A.*  
SFL Academy student

"I love SFL! It's so amazing. We get to do so many cool things I have never tried before, like sledge hockey and rock climbing!"

*Hudson H.*  
SFL Academy student

