



St. Mark's Recreation Academy Overview

Program Goals:

The Recreation Academy at St. Mark's aims to give students the opportunity to gain group and leadership skills and confidence, develop creativity, identify personal preferences and talents, engage in physical activity to create a healthy balance between their bodies, minds and spirits. The idea is to do this by allowing students to participate in out-of-school, unique physical activity experiences; community volunteer experiences; team-building, cooperation and leadership activities; and creativity building activities.

We hope that through this program, students will become more confident as individuals in who they are and what their talents are. We also hope that students will realize the benefits of regular physical activity and to having a healthy and balanced body, mind and spirit so that they can be the happiest, most successful individuals they can be.

Examples of Program Activities:

- Rock Climbing
- Mountain Biking
- Canoeing
- Tai Chi
- Yoga
- Meditation
- Muay Thai
- Overnight trip to Camp Encounter
- Fishing
- Golf
- SCUBA intro
- Snorkeling
- Splatter Painting
- Volunteering at a Senior's Home
- Skiing
- Aerial Arts

Program Format:

The program will be run during option time. It will run for 4 blocks a week, occasionally taking full-days or using part of lunch to accommodate lengthier activities. Students choose the Recreation Academy in place of some of their options.

Why is this unique?

Unlike a regular option, the Academy allows for greater opportunities to leave the school and for students to have real-world experiences in their community. We hope that this will allow them to be more confident leading their lives outside of the school setting. It is also aimed at allowing any student to be successful in it as it is not an additional Physical Education option like many academies.

Learning Through Recreation

Recreational activities offer a variety of learning opportunities that will enable students to acquire skills and experiences that they will aid them in being successful throughout their lives.

Working as a Team:

Through cooperative and teambuilding recreational activities, students will explore and practice the skills that are necessary for being a successful team member. By having the opportunity to regularly hone and evaluate cooperative group skills and conflict resolution skills, students will have actual experiences to draw on for interviews and when placed in a cooperative situation on a team, in a class or in a work setting.

Being a Leader:

Many recreational activities also require leadership skills, which we will be working on throughout the year as well. One of the projects we will be embarking upon in the spring is having students become leaders in the school to create a project or activity that will share what they've learned with their fellow students.

Being a Volunteer:

Volunteer experiences are extremely important for youth. It gives them a place to start on their resume, which is important for students who have had little work experience. It also may aid them in applying for scholarships, especially if they find volunteering to be something they enjoy and choose to pursue more as a recreational activity on their own time. It also gives youth more connections with and understanding of their community as well as a wider perspective of how other people live. We will explore the benefits of volunteerism and how it can aid in their success, understanding of others and be a possible recreational activity that they choose to pursue in the future if they enjoy it.

Knowledge of Wellness:

Our program also teaches students the full wellness wheel, particularly focusing on balance in body, mind and spirit. While students learn about some aspects of wellness in Health and Physical Education classes, our academy will explore all aspects of wellness and how to achieve them, how they affect our quality of life and how recreation can be a large component in achieving multiple aspects of wellness. We want to help students not only be successful but, well-rounded, happy individuals as well.

