

Rec Academy Term 1:

Outcomes:

A7.1 Grade 7 – Student will explore the meaning of spiritual, mental and physical wellness.

A8.1 Grade 8 – Student will define the meaning of spiritual, mental and physical wellness.

A9.1 Grade 9 – Student will define and analyze the meaning of spiritual, mental and physical wellness.

A7.2 Grade 7 – Student will demonstrate understanding of the benefits of spiritual, mental and physical wellness.

A8&9.2 Grade 8 & 9 – Student will analyze the benefits of spiritual, mental and physical wellness and how they relate to their own lives.

A7.3 Grade 7 – Student will explore the components of a balanced lifestyle.

A8.3 Grade 8 – Student will explore the components of a balanced lifestyle as it pertains to them as an individual.

A9.3 Grade 9 – Student will individualize the components of a balanced lifestyle to achieve wellness in their own life.

A7.4 Grade 7 – Student will participate in various activities within the school and in alternative environments that will create opportunities for life-long physical wellness.

A8&9.4 Grade 8 & 9 – Student will participate in and analyze various activities within the school and in alternative environments that will create opportunities for life-long physical wellness

A7,8&9.5 Grade 7, 8 and 9 – Student will act as a representative of the school and the Catholic faith by demonstrating leadership, respect and compassion when engaging in activities in the school and in alternative environments.

Rec Academy Term 2

Outcomes:

B7.1 Grade 7 – Student will develop individual spiritual and mental wellness by exploring their personal values and individual talents.

B8.1 Grade 8 – Student will develop individual spiritual and mental wellness by identifying their personal values and individual talents.

B9.1 Grade 9 – Student will develop individual spiritual and mental wellness by analyzing their personal values and individual talents.

B7.2 Grade 7 – Student will explore the benefits of community involvement by engaging in community service opportunities.

B8&9.2 Grade 8 & 9 – Student will analyze the benefits of community involvement by engaging in community service opportunities.

B7.3 Grade 7 – Student will research and express avenues that can allow them to maintain a balanced lifestyle aimed at wellness within their interests and talents.

B8&9.3 Grade 8 & 9 – Student will research, express and present avenues that can allow them to maintain a balanced lifestyle aimed at wellness within their interests and talents.

B7,8&9.4 Grade 7, 8 and 9 – Students will select mediums in which they can creatively express information in a way that highlights their individual talents.

Rec Academy Term 3

Outcomes:

C7.1 Grade 7 – Student will create their own short-term goal and articulate a plan to meet it to continue the development of their balanced lifestyle outside of school.

C8.1 Grade 8 – Student will create multiple short-term goals and articulate plans to meet them to continue the development of their balanced lifestyle outside of school.

C9.1 Grade 9 – Student will create a long-term goal, complete with short-term goals and articulate plans to meet each to continue the development of their balanced lifestyle outside of school.

C7,8&9.2 Grade 7, 8 and 9 – Student will contribute their individual talents to working cooperatively and respectfully as a team.

C7&8.3 Grade 7 & 8 – Student will assist in the creation and facilitation of a school-wide wellness project aimed at increasing the overall wellness of their peers and educating their peers on the importance of wellness.

C9.3 Grade 9 – Student will lead the creation and facilitation of a school-wide wellness project aimed at increasing the overall wellness of their peers and educating their peers on the importance of wellness.