

## **Fitness at Flex Block**

Sometimes the best ideas happen quite naturally.

**Fact:** Catholic Central has two excellent fitness facilities that are available to students at flex time and after school.

**Fact:** As part of the High School Redesign project, we are able to allow students to focus on attaining learning outcomes without the restriction of credit-allocation hours.

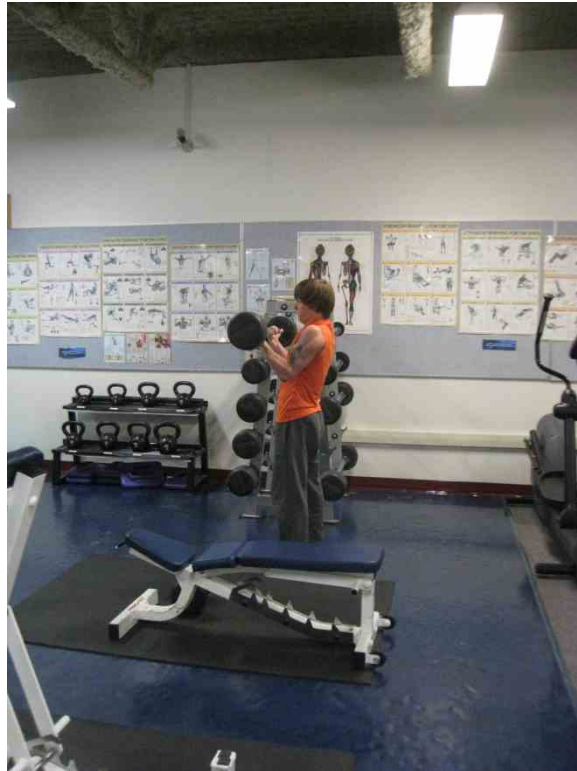
**Bright Idea:** Why not provide an opportunity for students to earn credits for something they are already keen about doing ? And so we created ó Fitness at Flex.



Students who sign up for Fitness at Flex can earn one credit in the course, Foundations for Training 1. As part of their course work, students must create an individual fitness plan, demonstrate an understanding of good training technique, and keep an accurate log of their work toward their personal fitness goals.



Teachers and support staff supervise the fitness centre and undergo training in proper use of the equipment and safety procedures prior to taking on this responsibility. Since the introduction of Fitness at Flex as a course, we have seen the number of students coming regularly to the centre increase and diversify. With the focus on developing personal goals, students feel more comfortable about coming to the centre and learning more about personal training.



### **What do students say about the program?**

- It's great that we can actually get credits for working out. It's good, too, because I put a lot of time into personal fitness so it's nice to get some acknowledgment for that.
- I have Math in Block 3 (after flex) and now I feel way more focused and ready to learn than I used to. I think working out just helps me to relax and get rid of some of the stresses before going back to class.
- I wish we had started this last year. It's really helped me to set specific goals and work toward them. It's also good to have a teacher who can give advice and help me monitor my progress.
- I like that I will have this specific course on my high school transcript.

**What next?** Students who successfully complete this introductory course may be able to move on to the next level in Foundations for Training, or even look at other courses in this CTS area that will enhance their knowledge and understanding of the importance of physical fitness.



**What Principles of High School Re-Design are demonstrated through Design Explorations?**

- **Flexible Learning Environments**
- **Mastery Learning**
- **Meaningful Relationships**
- **Personalization**
- **Rigorous and Relevant Curriculum**