FOUR WINDS PUBLIC SCHOOL



SPORT FOR LIFE ACADEMY

Sport IS ONE OF THE BASIC JOYS of life.



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.

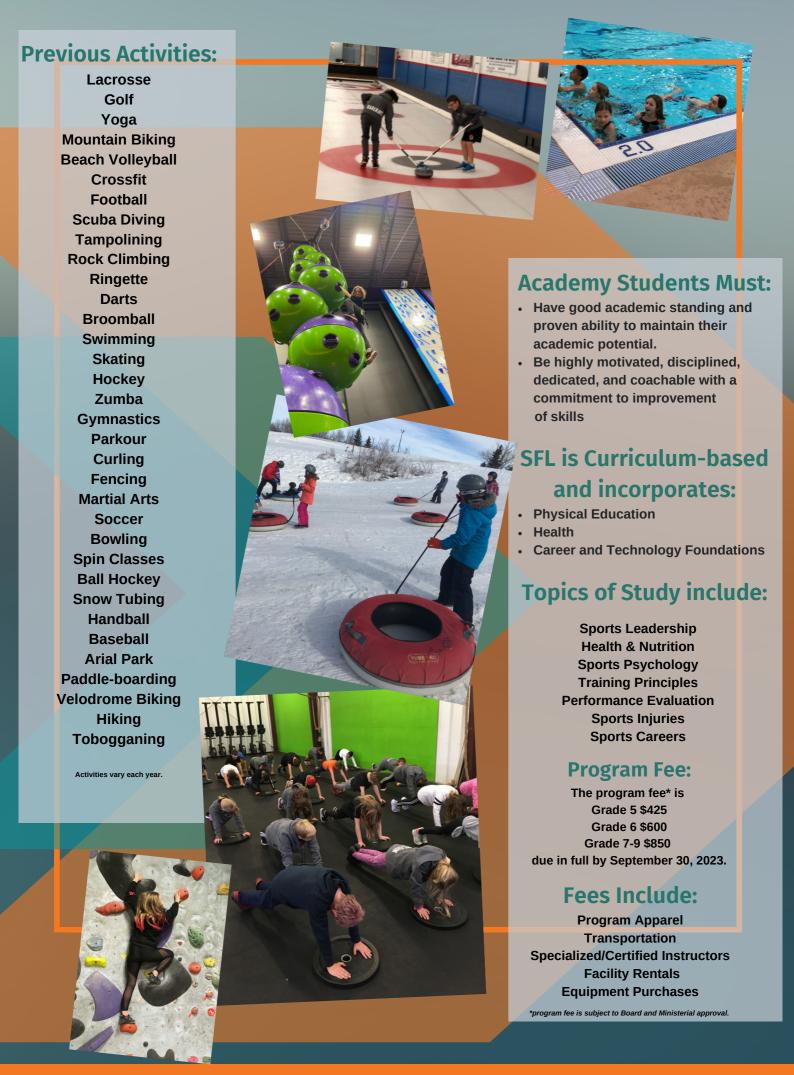
The goal of the Sport for Life Academy is to:

- 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.





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

Knilie 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



