

# Possible Activities

Cross Country Running  
Biking  
Cross Fit  
Soccer  
Baseball  
Lacrosse  
Hockey  
Tobogganing  
Swimming  
Cooking  
Golf  
Skating  
Snowshoeing  
Yoga  
Ringette  
....and more!

## Interested?

Registration is open to any student  
in grade 4.

Complete the expression of interest  
form or contact the office.

baccord @sturgeon.ab.ca  
780 921 3559

# Bon Accord Community School

Grade 4 Rec Academy  
2022-2023



# Curricular Connections and Objectives

Developing physical literacy through movement and active living supports well-being across a life span.

Exploration of life opportunities and virtues develops resilience and personal talents and promotes lifelong learning.

A lifetime of optimal well being and physical wellness is supported by prioritizing health, safety, nutrition and healthy eating.

Personal well-being is supported through positive relationships built on communication, collaboration, empathy, and respect.

Decision making that optimizes personal health and well-being is informed by understanding growth and development.

## Program Rationale

The goal of the Recreation Academy is to help students explore the importance of life long fitness and empower them to actively pursue a life-style of positive, personal wellness.

By exposing students to a wide range of recreational activities in their own community and regularly scheduled information seminars at school, students are afforded many opportunities to grow in all dimensions: gaining nutritional awareness, knowledge of functional fitness and the importance of a balanced lifestyle in order to achieve optimal health

**There will be a \$30 fee upon enrollment in the Rec Academy to cover the cost of field trips and guest facilitators throughout the year.**

**\*Students will not be missing core subjects to participate.**



## Everyone a Learner Everyone a Leader

Lifelong learners,  
Lifelong leaders,  
Strengthening our community.