

SPORT SPECIALIZED PHYSICAL EDUCATION

It is well documented that physical activity is essential for good physical and mental health. If you are passionate about training for a specific sport instead of taking a generalized Physical Education class you will love our “Sport Specialized” classes

Abbotsford School District secondary schools offer several sport specialized classes each semester. Classes allow students to focus on developing fitness and skills specific to a particular sport. While students learn game skills and tactics they improve their strength and conditioning so they are in peak condition and readiness for the season.



Semester 1

- Rugby
- Basketball

Semester 2

- Soccer
- American Football
- Volleyball





OTHER PE CLASSES?

In addition to standard generalized PE courses we also offer a variety of focused PE Classes

- Superfit / Fitness and Conditioning / Strength Training
- Nutrition and Cooking for Athletes
- Sports Medicine
- Community Recreation / Outdoor Education
- PE Leadership



Consult school profiles to see which classes are offered at each of our schools

For more information contact international@abbyschools.ca
<https://international.abbyschools.ca>