

Westwood Phys. Ed

Mr. Christie, Mr. Enns, Ms. Lundgren, Mr.
Schmeichel, Mr. Sdrolias

204-888-7650

Instagram – [westwoodwarriorsathletics](https://www.instagram.com/westwoodwarriorsathletics)
<https://www.sjasd.ca/school/westwood>

WELCOME BACK TO SCHOOL!

Some helpful PE Info...

1. Please be aware of the entrance and exit signs for both the gym and fitness center. Hand sanitize upon entering.
2. Changerooms will be closed for the next few weeks so come to school in comfortable clothes that you can be active in and be prepared to go outside.
3. Water fountains are “closed.” Please bring a refillable labeled water bottle.
4. Students will be required to complete and report on assigned workouts on their “off” days. Teachers will spend time in the 1st couple of weeks to get everyone comfortable with the online platform we will use for this.
5. Please be aware of blue tape on bleachers and the floor of the fitness center. These are designated sitting and working out spots.
6. We are here to help! Please seek us out if you have any questions.

Fitness Classes

Mr. Sdrolias and Ms. Lundgren are excited to have their Elite Training, Female Fitness and Foundations of Exercise classes back. All students will meet in the fitness center for class. Be prepared to go outside.

Grade 9-12 In Class Phys.Ed

All classes will meet in the gym for attendance for the 1st few weeks. All students should be dressed comfortably to be active and warm enough to be outside for the duration of the class. Our early focus will be on wellness, socializing and becoming familiar with our online delivery model.

Intramurals

There will be low impact activities organized at lunch in the field outside the band doors. Please stay tuned for more info. See Mr. Schmeichel or Mr. Christie if you have any questions.

Extra-Curricular Activities

We are currently in the process of waiting for divisional approval for small group training in volleyball and hockey that would comply with the current return to sport phases that each of those provincial organizations are in. Please see Mr. Christie (boy’s hockey), Mr. Enns (girl’s volleyball) or Mr. Schmeichel (boy’s volleyball) if you have any questions.

Updates and Announcements

Please follow [westwoodwarriorsathletics](https://www.instagram.com/westwoodwarriorsathletics) on Instagram or check the school website under the Programs and Services tab and go to Athletics.

“Exercise not only changes your body, it changes your mind, your attitude and you mood.”