

The background of the image is a photograph of Mountain Park School. The school building is a long, single-story structure with a light-colored facade and a series of windows. In front of the building is a green lawn with several young trees. To the right, there is a signpost with two signs. The overall scene is captured in a slightly desaturated, dark tone.

Welcome to Physical Education, Wellness and Athletics

Mountain Park School 2026/27

Physical Education and Wellness Team

Eric Bitz – PEW LL, Grade 7, 8, 9

Colin Feenstra – Grade 7, 8, 9

Brandy Gaunt – Grade 6, 7, 8, 9

Jenn Taylor – Grade 6, 9

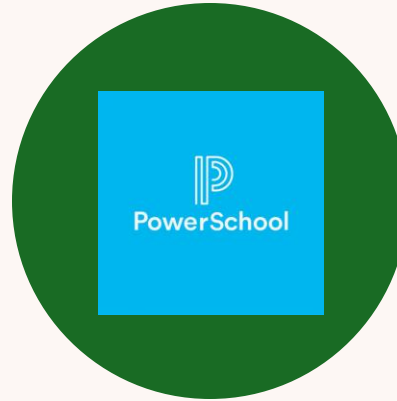
Everett Winn – Grade 6

Koren Hunt – Grade 6

Communication



EMAIL IS THE PREFERRED METHOD IF YOU NEED TO GET A HOLD OF US. RESPONSES SHOULD BE RECEIVED WITHIN 48 HOURS. ALL EMAILS CAN BE FOUND ON THE SCHOOL WEBSITE



FOR ANYTHING RELATED TO REPORT CARDS, ASSESSMENT, DEMOGRAPHICS, ETC. PLEASE REFER TO POWERSCHOOL. CAN BE FOUND BY SEARCHING "MYCBE"



ALL THINGS SPECIFIC TO THE CLASSROOM, ASSIGNMENTS, AND EVENTS WITHIN THE CLASSROOM, CAN BE FOUND IN D2L/ BRIGHTSPACE

WHAT DO STUDENTS NEED TO BE PREPARED FOR PHYSICAL EDUCATION?

- **Water bottle only**
- **Gym Strip – clothing that will allow you to participate in a variety of activities (ie. Shorts, sweatpants, leggings, t-shirt, long sleeve)**
- **Proper footwear - Running Shoes that secure to your feet (please no crocs, slides etc.)**
- **Gym Strip FOR SALE – Shorts/\$30, T-shirt/\$20 (limited sizes available – adult small, medium, large)**

Physical Education and Wellness

New Curriculum Piloted – combines Physical Education and Wellness education, in support of a healthy school community.

Subject Highlights include:

- Active living & physical literacy – wide range of activities
- Personal and Social Skills (ie. Cooperation, fair play, communication and conflict resolution)
- Well-Being - topics include: consent, mutual respect, risk management, and the responsibility to support healthy relationships and the safety of self and others
- Healthy Eating and Food Literacy
- **Human Sexuality** – notification to parents when lessons taught (*parental consent within initial school form package*)
- Grade 6 – financial literacy and career education (course currently in design process for grade 7-9 by Alberta Education)
- **Go to [Learn Alberta](#) for more details about new curriculum.**



MPS PE Learning Spaces:

- Indoors: main gym, aux gym, fitness studio, the Den, 3 classrooms
- Outdoors: blacktop, main field, diamond, community

MPS Athletics



- Fall Sports: Cross country running (September), boys and girls soccer (September-October), basketball (4 teams, Sept-December), wrestling (October-December)
- Winter Sports: volleyball (junior, senior)
- Spring Sports: badminton (April, by grade), track & field (May, within PE, by grade)
- Try-outs: sports dependent (junior teams open to grade 6-8; senior teams open to grade 8-9)
- ***Annual Authorization must be filled out to participate in inter-school athletics. Fairness and Safety in Sport must also be filled out for all female athletes.***

Middle School Athletics Philosophy

To provide opportunities for student athletes to have a positive experience that will enhance the physical, mental, emotional and social development of young people.