

# SCHOOL PAGES

**SHERWOOD SECONDARY**  
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Creative, innovative and exciting programs in academics, arts, athletics and special education, combined with co-curricular excellence, allows every student to explore the pathway which best reflects their individual strengths and interests.

## SPECIALIZED AND PERSONALIZED LEARNING

The Hockey Canada Skills Academy - The emphasis in this Hockey Canada accredited programs is on skill development. Fundamental hockey skills such as passing, shooting, puck control, skating and checking comprise the main focus of the on-ice components of the course. Student involvement in this program may also enhance leadership, fitness, hockey strategy and healthy life skills for athletes. The off-ice components include video analysis, fitness training and CPR training. Health units consist of, healthy sexuality, substance use and abuse, goal setting, communication, and social skills.  
 Course Codes: PPL101/HIF1O1, PAL2O1/HFN2O1, PAL3O1

HWDSB Basketball Academy - The Basketball Academies at both the elementary and secondary school levels will emphasize basketball fundamentals, individual skills goal setting, rules, team concepts, fitness and healthy living and a mentoring/coaching component. This program is partnering with Basketball Canada to develop a Long Term Athletic Development based Grade 6 to Grade 12 curriculum.  
 Course Codes: PAL1O1/PAL201/ PAL401

Fitness and Wellness - The Fitness and Wellness Program differentiates fitness instruction to meet the needs of diverse learners in both elementary and secondary schools. The program uses advanced tracking equipment to monitor and report on a variety of fitness measures (e.g., heart rate, BMI). Through the frequent monitoring of these measures, students are encouraged to consistently train in their “optimal zone” in all of their endeavours ranging from traditional phys ed programs to sports specific training.  
 Course Codes: PAF3O1/PPZ3O1, PAF4O1

## SPECIALIST HIGH SKILLS MAJOR (SHSM)

Health and Wellness: possible major credits include Healthcare TPJ3C1, TPJ4C1, TOJ4C1, and Health and Physical Education PAL3O1, PPL3O1, PAF3O1, PPZ3O1, PAF4O1, PAL4O1, PPL4O1

## FOCUS COURSES

Gr 10-11 Guitar, Gr 10 Keyboard Music, Gr 10-12 Repertoire Music, Gr 10 Vocal Music, Gr 10-11 Ceramics, Gr 11 Yearbook, Gr 11 Photography, Gr 10 -11 Dance, Gr 9-11 Soccer and Volleyball, Gr 11-12 Girls only Phys Ed, Gr 10-11 Hairstyling and Aesthetics

## SPECIALIZED COURSE PACKAGES

Electrical Technology (Grade 11 and 12) TCJ3C1, TCJ3C2, TCJ4C1, TCJ4C2; ENG3U1/ADA3M1 (2 credit) Shakespearean English and Dramatic Stage Production

## SPECIALIZED PATHWAY PROGRAMS

Career exploration opportunities are open to Grade 10 students through our 2 credit GLD2O1 Discovering the Workplace program. The program allows students to choose from a variety of career environments. All experiential learning opportunities provide relevant job skills, insight into employer expectations and future employment trends, and an opportunity to earn credits.