

The PE department implements a challenging Physical Education program for Form-5 students. Our goal is to establish more involvement and participation in indoor and outdoor sportive activities in and outside school.

- Students are encouraged to take their own initiatives and to participate in several training sessions in school but also with local sports/clubs/teams.
- Students are also required to take up an active role within a sportive organization (e.g. as a referee, coach, game planner). This can be done outside the regular school hours and with other organizations (e.g. Beach day for the elderly, trainer/coach of a team, assistant swim meet).
- Be aware that it is not the skill level that is most important, but rather the student's personal involvement and improvement.

By means of this program we hope to make it easier for students to approach teams and/or clubs, even after graduating from St. Dominic High School. We would like to establish student's active participation in a healthy and challenging sport culture in St. Maarten's future development. Last but not least, once having experienced to take initiatives by exploring new sports activities, it will give students far more possibilities in sportive and social participation when going off-island to study.

Outdoor activities cost money. We try to keep the costs as low as possible, however be aware that you will have to pay for a chosen activity yourself. (Advice: start saving some money!)

A reminder will be given to you on the bulletin board or via your mentor. Please check the bulletin board regularly! Some outdoor activities might take place on Saturday mornings or during the midterm break. We are not responsible for your transportation to and from the activities. You have to make arrangements yourself.

### **Registration**

- Students have to fill in a registration form and mark **at least 1 outdoor choice (next to hiking)** and **at least 2 choices** for other indoor and/or outdoor activity, such as basketball, soccer, kayaking etc.
- Students have to make choices for activities they really would like to do and preferably, never did before.
- Registration forms should be returned no later than Monday September 7, 2015.

### **Remarks**

- In certain sports, games against other schools might be included.
- With some activities you are required to visit a sports club.
- You can participate in more disciplines of sports, than required for the Rings !
- When all registration forms are handed in, the final PE-program will be adjusted on the website. Based on the schedule of this program, you draft your own PE-program. Therefore, it might be that you don't have to follow all PE-classes on the Monday afternoon, because of your preferences. In that case, you are allowed to go home!
- ***You can not obtain your St. Dominic High School Diploma, if you do not complete this program !***
- ***The PE-Program has to be finalized before the Mock Exams of March, 2016 !***

Any questions ?!.....do not hesitate to ask one of the PE-teachers.

You can also email your questions or suggestions to

[rverschueren@stdominichigh.com](mailto:rverschueren@stdominichigh.com) or [verschueren@sintmaarten.net](mailto:verschueren@sintmaarten.net) or [cbelzer@stdominichigh.com](mailto:cbelzer@stdominichigh.com)  
(553-6686) (527-1763)

We wish you all lots of fun!

Ms. Belzer and Mr. Verschueren  
(PE Department)

## Registration Form Sports Program

Students participating in the different programs will have to fill out and sign this registration form to be considered as a "contract". Also one of your parents / guardians has to sign.

<b>Full Name</b>		<b>Form 5</b>
<b>Your Cell #</b>		<b>I can / cannot swim</b> (Circle your answer)
<b>Your email</b>	<b>@hotmail.com</b>	
<b>In case of emergency please contact (Name):</b>		
<b>Tel #</b>		<b>Relation:</b>
<b>Special remarks (e.g. health condition:</b>		

*My information*

<b>“Indoor”</b>	<b>Est. Time (hrs)</b>	<b>Est. cost in USD</b>	<b>Remarks</b>	<b>Your choice (mark X)</b>
<b>Basketball</b>	3 x 1 ½	0	SDHS	
<b>Volleyball</b>	3 x 1 ½	0	SDHS and /or club	
<b>Soccer</b>	3 x 1 ½	0	SDHS or field	
<b>Softball</b>	3 x 1 ½	0	Jose Lake Ball Park, join some training sessions	
<b>Taebo</b>	3 x 1	15	Any Gym or at school	
<b>Zumba</b>	3 x 1	20	NIA, any Gym or at school	
<b>Tennis</b>	2 x 2	20	RISC (with a Tennis Pro)	
<b>Badminton</b>	3 x 1 ½	0	At school	
<b>Ballet</b>	3 x 1	?	NIA	
<b>Salsa</b>	3 x 1	?	Any Dance School	
<b>Other ideas</b> →				

<b>“Outdoor”</b>				
<b>Kayaking</b>	1 x 4	<b>12</b>	<b>You can Swim ! Kim Sha</b>	
<b>Snorkeling</b>	1 x 2	<b>10</b>	<b>You can Swim ! Little Bay</b>	
<b>Scuba Diving</b>	1 x 4	<b>60</b>	<b>You can Swim ! You dive 25 Ft. deep</b>	
<b>Horseback riding</b>	1 x 3	<b>40</b>	Cay Bay	
<b>Fly-Zone</b>	1 x 3	<b>40</b>	Lotery Farms	
<b>Hiking</b>	1 x 3	0	“Hill tops” of SXM	
<b>Swimming</b>	1 x weekly	<b>35 pm</b>	<b>Saturdays or Sundays at Divi Little Bay</b>	
<b>Other ideas</b> →				

I, (your name)....., would like to participate in the abovementioned workshops marked with a **X**.

Signature \_\_\_\_\_

I, (name).....parent / guardian of abovementioned student, hereby give permission to my son/daughter to participate in the chosen activities for the school year 2015 – 2016.

I **do / do not** allow my son / daughter to do water sports. Signature \_\_\_\_\_  
(Please circle)

Date \_\_\_\_\_

# Form-5 Olympic Rings



This year you can only pass PE, when you have earned yourself all the **5 Olympic Rings**, through participation in different disciplines of sports.

- 🎯 **Ring-1** has 5 compulsory sessions of Physical Fitness Training.
- 🎯 **Ring-2** has 2 compulsory outdoor activities: Hiking and one other Outdoor of your choice. You can e.g. go swimming, scuba diving, snorkeling, fly-zone, sailing, surfing, kayaking, mountain biking and horseback riding.
- 🎯 **Ring-3:** you will have to fulfill a task (referee, team captain, game leader etc.) in organizing a sports related event. You have to write a report about that event.
- 🎯 **Ring-4** has two Martial Arts sessions.
- 🎯 **Ring-5** has two other indoor and/or outdoor sportive activities of your own choice.

Most outdoor activities are done as one session only. Swimming is meant for students who really do not know how to swim. Swimming classes should bring you to the level of the A-diploma. Most indoor activities consist of 3 training sessions of 1 ½ hours. You are required to attend all PE sessions of your choice and participate actively.

## G. COURSE POLICIES

When the student misses a workshop or compulsory session for medical reasons, he / she needs a doctor letter. No marks will be given in Form 5. The circles have to be completed.

## H. DISCLAIMER.

There could be changes in the Course outlines due to unforeseen circumstances. Lack of accommodation / Hurricanes / Rain / Holy Mass / Assemblies etc.