

SELWYN HOUSE

PHYSICAL EDUCATION

PHILOSOPHY

Since 1908, Selwyn House School has maintained a strong commitment to physical education and athletics as part of the overall development of each student. It is believed that physical education is an important element of a boy's education, and that it is essential to the full development of an individual's physical, social, emotional and intellectual capacities, regardless of size, physique, coordination or ability.

Physical education at Selwyn House is a compulsory and inclusive program. Its purpose is to stimulate a student's interest in achieving the best physical fitness possible and to develop enthusiasm for participation in athletic activity.

Courses are designed to challenge each student's skill level and fitness. Sportsmanship, rules of play, cooperation and team commitment are also taught. These elements are then challenged through instructional, recreational and interscholastic competitions.

The objectives of the athletics department are ambitious but never lose sight of the value of sportsmanship, fair play, effort and commitment. The school's guiding theme of "you have never failed if you put forth your best effort," has filled its gymnasiums with many championship banners and provided powerful lifelong memories for its students.

TIME ALLOTMENT

It must be recognized that not every boy will necessarily be able to involve himself each semester in his preferred activity, as the school is bound by certain constraints imposed by budgetary considerations, timetables, availability of facilities and staff.

The team experience is a very challenging and exciting part of our program, and it requires more time and commitment on the part of the student for it to be successful.

The average minimal time devoted to Physical Education per ten-day cycle is:

Kindergarten	6 periods / 10 days	(40-minute periods)
Grades 1 & 2	5 periods / 10 days	(30-minute periods)
Grades 3 to 6	6 periods / 10 days	(90-minute periods)
Grades 7 & 8	7 periods / 10 days	(75-minute periods)
Grades 9 to 11	6 periods / 10 days	(90-minute periods)

DRESS CODE

The Selwyn House School uniform is conservative in style, tone, and nature. The school expects that students will try to understand the spirit of the dress code and abide by it. Specific details about the uniform are available on the website at www.selwyn.ca.

Most clothing can be purchased through the school's Argyle Shop at an annual cost of approximately \$500. A summer uniform is also available, at the discretion of the Administration.

PROGRAMS

The physical education and athletics program is divided into three distinct semesters, and students choose their activity, team sport or individual interscholastic challenge for each semester. Some of these activities include:

RECREATION AND LEISURE PROGRAMS

Physical Fitness, Weight Training, Intramural Basketball, Badminton, Rowing, Introductory Tennis, Introductory Golf, Squash and Intramurals

INTERSCHOLASTIC PROGRAMS

Soccer, Football, Basketball, Hockey, Wrestling, Cross-Country Running, Curling, Golf, Rugby, Tennis, Track and Field, Baseball

WEEKEND OUTDOOR EDUCATION EXCURSIONS

Cycling, Hiking, Orienteering, Golfing, Mountain Biking

To accommodate the 30 school teams, recreational and intramural activities, the school benefits from 28 full-time and part-time coaches.

The school also participates in the following leagues: Canadian Association of Independent Schools, the Greater Montreal Athletic Association, and Quebec federated sports bodies.

SELWYN HOUSE

HOW TO GET TO SELWYN HOUSE SCHOOL

ADDRESS

95, ch. de la Côte St-Antoine
Westmount (Québec)
514.931.2775

LOCATION

Selwyn House School is in Westmount, on the island of Montreal. Our three-building campus is located at the corner of Argyle Street and chemin Côte St-Antoine, one block north of Sherbrooke Street West, near Westmount City Hall.

TRANSPORTATION

CAR POOLING

The school assists parents who are interested in car pooling with other Selwyn House families.

PUBLIC TRANSIT

Public transit options include taking the #24 bus which stops on Sherbrooke St. West, one block south of the school, or travelling by metro. From the Atwater metro station, students have a 10-minute walk to the school, and from the Vendôme station, students take a bus that brings them to within a block of the school. Students living on the West Island take the train that stops at the Vendôme metro station. In addition to the bus and metro, there is a BIXI bike station at the corner of Sherbrooke St. West and Argyle Avenue.

WEST ISLAND BUS SERVICE

Selwyn House coordinates a reliable and secure bus service with six other QAIS schools in the area (ECS, The Study, Sacred Heart, Centennial, St. George's, and Trafalgar). Several bus stops are located throughout the West Island of Montreal. For more information on Selwyn House's bus services, please contact the Admission Office at 514.931.2775.

ÎLE-DES-SOEURS BUS SERVICE

Selwyn House and three other QAIS schools (The Study, ECS, and St. George's) coordinate a school bus service to Île-des-Sœurs. The bus offers a reliable service with stops in close proximity to students' homes. Please contact the Admission Office for further information.

