

## **HIGH PERFORMANCE PROGRAM**







## ACHIEVING EXCELLENCE TOGETHER

Grade 8-12 Independent High School





# **High Performance Program at the Academy**

Centrally located in downtown Vancouver, Alexander Academy is a private secondary school approved to offer the BC Ministry of Education curriculum in a culturally rich and academically challenging environment for students in Grades 8-12.

Alexander Academy aspires to provide a safe, caring, and nurturing environment for young people where they can receive an excellent high school education. This includes the opportunity to thrive intellectually, emotionally, socially, and physically in a student-centered and supportive environment.

**Alexander Academy's High Performance Program (HPP)** provides a well balanced academic learning experience within a half-day or flexible program while allowing students to pursue elite high performance pursuits in the community.

The High Performance Program offers students the opportunity to complete academic requirements for secondary school graduation and post-secondary entrance, without compromising their high performance pursuits outside of school. Students who participate in their high performance activity for 25 hours or more per week are eligible for Physical Education credits, Fine Arts credits or External Credits through the Ministry of Education's external credential program.

http://www.alexanderacademy.ca/academic-programs/high-performance-program/

"Our son is a high achiever academically, but also athletically. We needed to find a school that would nurture his strengths and challenge his weaknesses and have an understanding for the needs of our son in his athletic program".

- Parent of HPP student

## **Sample HPP timetable**

#### **Semester 1**

Block	Monday	Tuesday	Wednesday	Thursday	Friday				
Homeroom 8:45 – 8:50									
<b>1</b> 8:50 ~ 10:10	Social Studies 10								
Recess 10:10 – 10:25									
<b>2</b> 10:25 ~ 11:45	Math 10								
Lunch 11:45 – 12:30									
12:30 onwards	High Performance Activity	High Performance Activity	High Performance Activity	High Performance Activity	High Performance Activity				

#### Semester 2

Block	Monday	Tuesday	Wednesday	Thursday	Friday				
Homeroom 8:45 – 8:50									
<b>1</b> 8:50 ~ 10:10	Science 10								
Recess 10:10 – 10:25									
<b>2</b> 10:25 ~ 11:45	English 10								
Lunch 11:45 – 12:30									
12:30 onwards	High Performance Activity	High Performance Activity	High Performance Activity	High Performance Activity	High Performance Activity				











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