

HEALTH AND PHYSICAL EDUCATION

GRADE 9

Healthy Active Living- Open

PPL 10X (Girls)

PPL 10Y (Boys)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs, and will participate in activities designed to develop goal-setting, communication and social skills.

GRADE 10

Healthy Active Living- Open

PPL 20X (Girls)

PPL 20Y (Boys)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness, and health; examination of issues related to healthy sexuality, substance use and abuse; and the use of informed decision-making, conflict resolution, and social skills in making personal choices.

GRADE 11

Healthy Active Living- Open

PPL 30

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills, and will be given opportunities to practise goal-setting, decision-making, coping, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety.

Personal and Fitness Activities- Open

Co-ed PAF 30

Girls Only PAF 30X

This course focuses on the development of a personalized approach to individual fitness. Students are challenged in a self-directed process to assess and develop their own personal fitness plan. Students will extend their knowledge and skills in a series of units focusing on a variety of fitness techniques and topics. There are written and demonstrated assessments.

Outdoor Activities - Open

PAD 30

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of outdoor activities that have the potential to engage students' interest throughout their lives. By planning for and participating in hiking, winter camping, and canoe tripping, students will be given opportunities to refine their decision making, conflict resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others. As part of the course, students will be required to pass a basic swimming competency test and cover the additional costs (approximately \$300) of planned expeditions. A deposit is required.

GRADE 12

Exercise Science - University

PSE 4U

This course focuses on the study of human movement and of systems, factors, and principles involved in human development. Students will learn about the effects of physical activity on health and performance, the evolution of physical activity and sports, and the factors that influence an individual's participation in physical activity. The course prepares students for university programs in physical education, kinesiology, recreation, and sports administration.

Prerequisite: Any Grade 11 University or College Science Course or Grade 11 Health and Physical Education (Grade 11 University Biology is strongly recommended)

Healthy Active Living - Open

PPL 40

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students' interest throughout their lives. Students will develop and implement personal physical fitness plans. In addition, they will be given opportunities to refine their decision-making, conflict-resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others.

Personal and Fitness Activities - Open

Co-ed PAF 40

Girls Only PAF 40X

This course focuses on the development of a personalized approach to individual fitness. Students are challenged in a self-directed process to assess and develop their own personal fitness plan. Students will extend their knowledge and skills in a series of units focusing on a variety of fitness techniques and topics. There are written and demonstrated assessments.

Outdoor Activities - Open

PAD 40

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of outdoor activities that have the potential to engage students' interest throughout their lives. By planning for and participating in hiking, winter camping, and canoe tripping, students will be given opportunities to refine their decision making, conflict resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others. As part of the course, students will be required to pass a basic swimming competency test and cover the additional costs (approximately \$300) of planned expeditions. A deposit is required.