

HEALTH AND PHYSICAL EDUCATION

GRADE 9

Healthy Active Living - Open

PPL10

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

PPL20

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.

Personal and Fitness Activities - Open

Female Only PAF20X

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.

GRADE 11

Healthy Active Living - Open

PPL30

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 practice 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 PAF30

Female Only PAF30X

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

PAD30

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.

***Note:** As part of the course, students may be required to pass a basic swimming competency test and cover the additional costs of planned expeditions. A deposit is required.

GRADE 12

Introductory Kinesiology - University

PSK4U

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 sport, and the physiological, psychological, and social factors that influence an individual's participation in physical activity and sport. The course prepares students for university programs in physical education and health, kinesiology, health sciences, health studies, recreation, and sports administration.

Prerequisite: Any Grade 11 university or university/college preparation course in Science, or any Grade 11 or 12 course in Health and Physical Education.

Healthy Active Living - Open

PPL40

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 PAF40
Female Only PAF40X**

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

PAD40

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.

***Note:** As part of the course, students may be required to pass a basic swimming competency test and cover the additional costs of planned expeditions. A deposit is required.