

Health and Physical Education

Courses in Health and Physical Education help to develop the knowledge and skills students need to make healthy choices now and to help lead healthy active lives in the future. Through physical activity, students build their sense of self, learn to interact positively with others and develop their ability to think critically and creatively.

Courses Offered

Grade 9	Grade 10	Grade 11	Grade 12
<u>PPL1OF</u> - Healthy Active Living Education - Female	<u>PPL2OF</u> - Healthy Active Living Education - Female	<u>PPL3OF</u> - Healthy Active Living Education - Female	<u>PPL4OF</u> - Healthy Active Living Education - Female
<u>PPL1OM</u> - Healthy Active Living Education - Male	<u>PPL2OM</u> - Healthy Active Living Education - Male	<u>PPL3OM</u> - Healthy Active Living Education - Male	<u>PPL4OM</u> - Healthy Active Living Education - Male
<u>PPL1OR</u> - Healthy Active Living Education - Co-ed (mixed)	<u>PAL2O</u> - Healthy Living and Large Group Activities - Basketball	<u>PAL3O</u> - Healthy Living and Large Group Activities - Basketball <u>PAF3OF</u> - Healthy Living and Personal & Fitness Activities - Female <u>PAF3OM</u> - Healthy Living and Personal & Fitness Activities - Male	<u>PAF4OF</u> - Healthy Living and Personal & Fitness Activities - Female <u>PAF4OM</u> - Healthy Living and Personal & Fitness Activities - Male