

STUDENT FRIENDLY COURSE DESCRIPTIONS – HEALTH AND PHYSICAL EDUCATION

Healthy Active Living Education, Grade 9 – open

PPL 10F/PPL 10M

In the grade nine course an emphasis is put on regular participation, having fun, and promoting a lifelong healthy active lifestyle. This is a sport focused course but includes a strong fitness component as well. A wide variety of games and activities are taught including basketball, volleyball, soccer, flag football, badminton, dance, low organizational games, weight training, floor hockey, softball, and fitness. The health portion of the course involves looking at a variety of issues that affect our everyday lives. Topics include fitness theory and goal setting, healthy eating, benefits and dangers of use of technology, healthy growth and sexuality, substance use and abuse. Students will be required to participate vigorously in weekly sport units and that will include a variety of activities. Final assessments include teacher exit conference course reflection and practical exam of the student's movement competencies. There is also the potential for guest speakers, in school events, and out of school field trips which may require a fee.

Pre requisite: None

Healthy Active Living Education, Grade 10 – open

PPL 20F/PPL 20M

In the grade 10 course, emphasis will continue to be focused on regular participation, having fun, and promoting a healthy active lifestyle. This is a sport focused course with greater emphasis placed on strategies and technique, but also includes a strong fitness component. A wide variety of games and activities are taught including basketball, volleyball, soccer, flag football, rugby, cricket, weight training, fitness, floor hockey, and softball. The health portion of the course involves looking at a variety of issues that affect our everyday lives. The main health units covered in this course include fitness theory and goal setting, healthy sexuality, conflict resolution, mental health, and healthy eating habits. Students taking this course should have an interest in playing sports and improving their individual fitness level. Students will be required to participate vigorously in daily activities in order to be successful. Final assessments include a mind map demonstrating understanding of the main concepts discussed in the course, and a practical exam of the student's movement competencies. There is also the potential for guest speakers, in school events, and out of school field trips which may require a fee.

Prerequisite: None

**Personal and Fitness Activities, Grade 10 – open
PAF 2OF/PAF 2OM**

In this course, students will focus on improving their level of personal fitness. This course will primarily take place in the weight room and gymnasium where students will participate in a variety of fitness activities and workouts such as weight training, cardio respiratory training, yoga, circuits, and other conditioning activities. From time to time, some individual and team sports may be included to complement the overall fitness focus of the course. The main health units covered in this course include fitness theory and goal setting, healthy sexuality, conflict resolution, mental health, and healthy eating habits. Students taking this course should have an interest in improving their personal fitness level. Students will be required to participate vigorously in daily activities in order to be successful. Final assessments include a mind map demonstrating understanding of the main concepts discussed in the course, and a practical exam of the student's movement competencies. There is also the potential for guest speakers, in school events, and out of school field trips which will require a fee.

Prerequisite: None

**Large Group Activities: Basketball & Invasion Territory Course (Co-ed), Grade 10 – open
PAL 200**

In this course, students will focus on developing their skills and knowledge of invasion territory type sports, with a particular emphasis on basketball. This course is co-ed and is open to both male and female students in the same class. This course will primarily take place in the gymnasium and will cover the main activity units of basketball specific fitness, history and rules of the game, and offensive and defensive fundamentals and systems and strategies that lead to success in invasion territory type games. From time to time, some cooperative and low organized games may be played to complement the overall basketball focus of the course. The main health units covered in this course include substance use and abuse/performance enhancing drugs, nutrition for athletes, body image, relationships and conflict management. These health units will also be delivered in a way that will highlight the basketball focus. Students taking this course should have an interest in improving their personal fitness level. Students will be required to participate vigorously in daily activities in order to be successful. Final assessments include fitness improvement reflection, a research project, and practical exam of a student's knowledge of the concepts discussed in the course. There is also the potential for guest speakers, in school events, and out of school field trips which may come at a cost to students.

Prerequisite: None

**Healthy Active Living Education, Grade 11 – open
PPL 3OF/PPL 3OM**

Grade eleven students have the choice of taking a course where sports are the emphasis. In this course students will continue to play and learn about traditional sports like basketball, volleyball, rugby, lacrosse, football, low organized games, golf, racquet sports and a number of other sports but developing a great understanding of rules and strategies involved. This physical education program promotes a healthy active living lifestyle philosophy through enthusiastic participation in a variety of physical activities, as well as being involved in personal reflections relating to a healthy lifestyle. Specific topics covered are mental health, healthy relationships, reproductive health, & personal safety. Students taking this course should have an interest in playing sports and improving their individual fitness level. Students will be required to participate vigorously in daily activities in order to be successful. Final assessments include an in-class written exam of a student's knowledge of the concepts discussed in the course and creating, and leading a low organized game. There is also the potential for guest speakers, in school events, and out of school field trips which may come at a cost to students.

Prerequisite: None

**Healthy Active Living, Grade 11 – open
PAF 3OF/PAF 3OM**

This course helps students develop a personalized approach to healthy living through personal fitness and exercise. Students will examine the factors that affect their own health and ways to improve their lifestyle. They will learn about the components of fitness and initiatives that will promote healthy eating, an active lifestyle, and a positive self-image. Throughout this course, students will develop the skills necessary to take charge of and improve their own healthy lifestyle, as well as to encourage others to lead healthy lives. This course has a more strength building and fitness component and students will be participating in activities such as weight training, cardio respiratory training, yoga, circuits, and other conditioning activities, etc. There is a health component that will focus on healthy eating, mental health and illness, healthy relationships, substance use and misuse as well as fitness related health. Students taking this course should have an interest in improving their personal fitness level. Students will be required to participate vigorously in daily activities in order to be successful. Final assessments include a written in-class exam of a student's knowledge of the concepts discussed in the course as well as a research project. There is also the potential for guest speakers, in school events, and out of school field trips which may come at a cost to students.

Prerequisite: None

**Outdoor Activities (Co-ed), Grade 11 – open
PAD 300**

This course emphasizes participation in a variety of outdoor activities that promote lifelong active living and respect for the environment. It is designed to help students develop knowledge and skills through personal and group challenges that pertain to both physical fitness and the great outdoors. This course is co-ed and is open to both male and female students in the same class. Students will be encouraged to develop competence in a variety of movement skills, and will be given opportunities to practice goal setting, decision making, coping, social and interpersonal skills. There will be a mix of classroom and activity sessions throughout the course. These activities may include: cross-country skiing, skating, wilderness survival, kayaking, orienteering, camp craft, canoeing, rock climbing, low ropes course, hiking, and cycling. Students will have the opportunity to participate in a few day trips, and possibly an overnight trip.

Prerequisite: None

Large Group Activities: Football & Invasion Territory Game Focus Course, Grade 11 & 12 – [Open]

This course will deliver the PAL 3/4O curriculum through a football and invasion territory game focus. Students will learn about the history and rules of the game, offensive, defensive & special teams systems, healthy decision making and specific fitness challenges. To accomplish these objectives, we will spend time on the football field, in the gym, the weight room and classroom. Due to the nature of the course it is highly recommended that prospective students have prior experience and knowledge of the game.

Prerequisite: None

Healthy Active Living Education, Grade 12 – open
PPL 4OF/PPL 4OM

In this course students will continue to play and learn about traditional sports as well as learn to play sports that have a focus on recreation so that students will learn activities that can be played after high school. Students in this course will be given opportunities to develop their leadership skills by leading junior grades. Some sports that they will participate will include basketball, volleyball, rugby, lacrosse, golf, low organized games, racquet sports and a number of other sports but developing a greater understanding of rules and strategies involved. This physical education program promotes a healthy active living lifestyle philosophy through enthusiastic participation in a variety of physical activities. Final assessments include a written in-class exam of a student's knowledge of the concepts discussed in the course as well as a practical exam where students will have to teach a skill to the class. There is also the potential for guest speakers, in school events, and out of school field trips which may come at a cost to students.

Healthy Active Living, Grade 12 – open
PAF 4OF/PAF 4OM

This course helps students develop a personalized approach to healthy living through personal fitness and exercise. Students will examine the factors that affect their own health and ways to improve their lifestyle. They will learn about the components of fitness and initiatives that will promote healthy eating, an active lifestyle, and a positive self-image. This course has a focus around strength building and cardiorespiratory fitness. There is a health component that will focus on healthy eating, healthy relationships, substance misuse, personal safety and injury prevention as well as fitness related health. Students taking this course should have an interest in improving their personal fitness level. Students will be required to participate vigorously in daily activities in order to be successful. Final assessments include, an in-class exam as well as creating, and leading a workout. There is also the potential for guest speakers, in school events, and out of school field trips which may come at a cost to students.

Prerequisite: None

Specialized High Skills Major – Recreation and Fitness Leadership
PLF 4MH

This course focuses on the development of leadership and coordination skills related to recreational activities. Students will acquire the knowledge and skills required to plan, organize, and implement recreational events. The goal of this course is to further build leadership, communication, and problem solving through a series of project-based units designed to enhance school life. These project-based initiatives will also provide students with the opportunity to promote the value of physical fitness, personal well-being, and personal safety to others through mentoring.

**Large Group Activities: Special High Skills Major (R.I.S.E.), Grade 12 – open
PAL 40H**

This course places special emphasis on how students can maintain the habits of healthy, active living throughout their lives as they make the transition to adulthood and independent living. Through participation in a wide range of physical activities in a variety of settings, students can enhance their movement competence, personal fitness, and confidence. Students also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well-being is affected by, and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively.