

**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, self-defense, 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 growth and sexuality, personal safety/CPR training (ACT), and positive relationships. 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 fitness testing and practical exam of the 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 require a fee.

Prerequisite: None