

**Healthy Active Living Education, Grade 10 – Open
PPL 2OF/PPL 2OM**

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 and self defence. The health portion of the course involves looking at a variety of issues that affect our everyday lives. Topics include fitness theory, healthy growth and sexuality, drug and alcohol abuse, nutrition and body image, and conflict management.

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 a 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 require a fee.

Prerequisite: None