

**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, soccer, football, low organized games, golf, racquet sports and a number of other sports while 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 fitness testing and a practical assessment 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 come at a cost to students.

Prerequisite: None