

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

Grade twelve 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 as well as learn to play sports that have a focus on recreation so 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 include basketball, volleyball, soccer, 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

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 such as a week unit in Jiu-jitsu, First Aid training and out of school field trips which may come at a cost to students.

**Prerequisite:** None