HEALTH AND PHYSICAL EDUCATION

Students in Physical Education activity courses are expected to wear a proper gym uniform in activity classes. Students may be required to contribute to the cost of some activities when offered e.g. golf, swimming, curling, self defense.

PPL10G GRADE 9, HEALTHY ACTIVE LIVING EDUCATION (Female)

This course emphasizes students’ daily participation in a variety of enjoyable physical activities that promote lifelong healthy, active living. Students will learn movement techniques and principles, ways to improve personal fitness and physical competence, safety, and injury-prevention strategies. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs and will participate in activities designed to develop goal-setting, communication, and social skills.

PPL10B GRADE 9, HEALTHY ACTIVE LIVING EDUCATION (Male)

This course emphasizes students’ daily participation in a variety of enjoyable physical activities that promote lifelong healthy, active living. Students will learn movement techniques and principles, ways to improve personal fitness and physical competence, safety, and injury-prevention strategies. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs and will participate in activities designed to develop goal-setting, communication, and social skills.

PPL20B GRADE 10, HEALTHY ACTIVE LIVING EDUCATION (Male)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness, and health; examination of issues related to healthy sexuality, healthy eating, substance use and abuse; and the use of informed decision making, conflict resolution, and social skills in making personal choices. Included are various activities and concepts building on the basics covered at the grade nine level. Possible activities include: team sports, individual sports, fitness, body management, and outdoor interactive activities.

PPL20G GRADE 10, HEALTHY ACTIVE LIVING EDUCATION (Female)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness, and health; examination of issues related to healthy sexuality, healthy eating, substance use and abuse; and the use of informed decision making, conflict resolution, and social skills in making personal choices. Included are various activities and concepts building on the basics covered at the grade nine level. Possible activities include: team sports, individual sports, fitness, body management, and outdoor interactive activities.

PAL200 GRADE 10, HEALTHY ACTIVE LIVING EDUCATION - Large Group Activities (Co-ed)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness, and health; examination of issues related to healthy sexuality, healthy eating, substance use and abuse; and the use of informed decision making, conflict resolution, and social skills in making personal choices. Course units are two week segments permitting more intensive explorations of each sport. Possibilities include: traditional team sports, lacrosse, rugby, handball, field hockey, broomball, interactive activities, and a field trip.
PPL3OB GRADE 11, HEALTHY ACTIVE LIVING EDUCATION (Male)

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students’ interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practise goal setting, decision making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety. 

*This course expands on previous skills and knowledge through various activities. Possibilities include: any sport done previously, and new sports or a field trip at the discretion of the instructor.*

PPL3OG GRADE 11, HEALTHY ACTIVE LIVING EDUCATION (Female)

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students’ interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practise goal setting, decision making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety. 

*This course expands on previous skills and knowledge through various activities. Possibilities include: any sport done previously, and new sports or a field trip at the discretion of the instructor.*

PAF3OB GRADE 11, HEALTHY ACTIVE LIVING EDUCATION - Personal and Fitness Activities (Male)

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students’ interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practise goal setting, decision making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety. 

*This course is intended to improve the students’ level and knowledge of fitness through the use of circuit, weight, and/or aerobic training.*

PAF3OG GRADE 11, HEALTHY ACTIVE LIVING EDUCATION - Personal and Fitness Activities (Female)

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students’ interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practise goal setting, decision making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety. 

*This course is intended to improve the students’ level and knowledge of fitness through the use of circuit, weight, and/or aerobic training.*

PPZ3OO GRADE 11, HEALTH FOR LIFE

This course helps students develop a personalized approach to healthy living. Students will examine factors that affect their own health and the health of individuals as members of the community. They will learn about the components of the Vitality approach to healthy living - an initiative that promotes healthy eating, an active lifestyle, and a positive self-image. Throughout this course, students will develop the skills necessary to take change of and improve their own health, as well as to encourage others to lead healthy lives. 

*This is predominantly a classroom based course that explores the determinants of a healthy lifestyle, community health issues, and vitality.*
PPL4O0 GRADE 12, HEALTHY ACTIVE LIVING EDUCATION (Co-ed)

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students’ interest throughout their lives. Students will develop and implement personal fitness plans. In addition, they will be given opportunities to refine their decision-making, conflict-resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others. This course will introduce students to recreational sports available in the community, and may cover any activity done in any other Healthy Active Living Education course.

PAF4OB GRADE 12, HEALTHY ACTIVE LIVING EDUCATION - Personal and Fitness Activity (Male)

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students’ interest throughout their lives. Students will develop and implement personal fitness plans. In addition, they will be given opportunities to refine their decision-making, conflict-resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others. This course is intended to continue the improvement in the students’ level and knowledge of fitness through the use of personal program development, circuit, weight, and/or aerobic training.

PAF4OG GRADE 12, HEALTHY ACTIVE LIVING EDUCATION - Personal and Fitness Activity (Female)

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students’ interest throughout their lives. Students will develop and implement personal fitness plans. In addition, they will be given opportunities to refine their decision-making, conflict-resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others. This course is intended to continue the improvement in the students’ level and knowledge of fitness through the use of personal program development, circuit, weight, and/or aerobic training.

PLF4C0 GRADE 12, HEALTHY ACTIVE LIVING EDUCATION - Recreation and Fitness Leadership

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. They will also learn how to promote the value of physical fitness, personal well-being, and personal safety to others through mentoring. The course will prepare students for college programs in recreational, leisure, and fitness leadership. Included are classroom, activity and leadership components. Prerequisite: Any grade 11 or 12 in Health and Physical Education

PSE4U0 GRADE 12, HEALTHY ACTIVE LIVING EDUCATION - Exercise Science

This course focuses on the study of human movement and of systems, factors, and principles involved in human development. Students will learn about the effects of physical activity on health and performance, the evolution of physical activity and sports, and the factors that influence an individual's participation in physical activity. This course prepares students for university programs in physical education, kinesiology, recreation, and sports administration through intensive classroom instruction. Prerequisite: A grade 11 university/college prep course in Science or any grade 11 or 12 course in Health and Physical Education.

PAL3O0/PAL4O0 GRADE 11 AND 12, HOCKEY CANADA SKILLS ACADEMY - Co-ed

The Hockey Canada Skills Academy is open to hockey players of all skill levels, boys and girls (grades 10-12). The students must be keen to improve their individual game, improve their individual fitness and to maximize their own potential. All students must be registered with a local minor hockey association for the 2012-2013 season. The course is organized so that our students receive approx. 50 hours of on ice and 50 hours of off ice instructed training per semester, during which the students will be focused on skill development, offensive creativity, academic achievement and personal fitness. The Hockey Canada Skills
Academy is an officially licensed program of Hockey Canada. Hockey Canada Skills Academy's are under the operation and direction of the school sponsoring the Academy program (NDSS). The Academy teaching staff are trained and sanctioned by Hockey Canada and the National Coaching Certification Program. Instructors undergo annual professional development through the Hockey Canada Skills Academy training program.

As we will have a limited number of spaces in the Academy, students that select PAL 30/40 as an option will have to also fill out an application package. Applications will be reviewed by the Hockey Canada Skills Academy Professional Learning Community. Successful candidates will be required to pay a tuition for the 2012-13 Hockey Academy to cover ice time rental, program equipment, transportation, curriculum development, etc. (The 2011-12 tuition was $400.00/student). Students will receive a grade 11 or 12 Large Group Activity Phys-ed course credit upon successful completion of the course.