

Grimsby District Secondary School

Health and Physical Education

Healthy Active Living Education (Female)

PPL10F

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. 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. Area of Focus:

The learning expectations of Healthy Active Living Education (PPL 10) course outline the knowledge, skills and health areas that students are expected to demonstrate by the end of each course. Schools may offer focus-courses options for a particular

group of physical activities as the vehicle through which students will attain the expectations. Possible focus options are listed below. Students may select any number of Focus Options at the same grade level each year.

CREDIT: 1

TYPE: Open

GRADE: 9

Healthy Active Living Education (Male)

PPL10M

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. 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.

CREDIT: 1

TYPE: Open

GRADE: 9

Personal and Fitness Activities (Female) "Spartacus"

PAF20F

This course emphasizes regular participation in a variety of enjoyable fitness activities that promote life-long healthy active living. Student learning will include the application of movement principles to refine their skills, participation in a variety of fitness activities (e.g. aerobics, fitness training, self-defense etc) that enhance personal competence and health, and examination of issues related to healthy living. Reference should be made to the Healthy Active Living Education open course description for Grade 10 health curriculum expectations.

CREDIT: 1

TYPE: Open

GRADE: 10

Personal and Fitness Activities (Male) "Spartacus"

PAF20M

This course emphasizes regular participation in a variety of enjoyable fitness activities that promote life-long healthy active living. Student learning will include the application of movement principles to refine their skills, participation in a variety of fitness activities (e.g. aerobics, fitness training, self-defense etc) that enhance personal competence and health, and examination of issues related to healthy living. Reference should be made to the Healthy Active Living Education open course description for Grade 10 health curriculum expectations.

CREDIT: 1

TYPE: Open

GRADE: 10

Healthy Active Living Education (Female)

PPL20F

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.

CREDIT: 1

TYPE: Open

GRADE: 10

Healthy Active Living Education (Male)

PPL20M

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.

CREDIT: 1

TYPE: Open

GRADE: 10

Personal and Fitness Activities (Female)

PAF30F

This course emphasizes regular participation in a variety of enjoyable fitness activities that promote life-long healthy active living. Student learning will include the application of movement principles to refine their skills, participation in a variety of fitness activities (e.g. aerobics, fitness training, self defense, etc) that enhance personal competence and health, and examination of issues related to healthy living. Reference should be made to the Healthy Active Living Education open course description for Grade 11 health curriculum expectations.

CREDIT: 1

TYPE: Open

GRADE: 11

Personal and Fitness Activities (Male)

PAF30M

This course emphasizes regular participation in a variety of enjoyable fitness activities that promote life-long healthy active living. Student learning will include the application of movement principles to refine their skills, participation in a variety of fitness activities (e.g. aerobics, fitness training, self defense, etc) that enhance personal competence and health, and examination of issues related to healthy living. Reference should be made to the Healthy Active Living Education open course description for Grade 11 health curriculum expectations.

CREDIT: 1

TYPE: Open

GRADE: 11

Healthy Active Living Education (Female)

PPL30F

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.

CREDIT: 1

TYPE: Open

GRADE: 11

Healthy Active Living Education (Male)

PPL30M

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.

CREDIT: 1

TYPE: Open

GRADE: 11

Healthy Active Living Education

PPL401

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 physical fitness plans. In addition, they will be given opportunities to refine their decisionmaking, conflict-resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others.

CREDIT: 1

TYPE: Open

GRADE: 12

Exercise Science

PSE4U1

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. The course prepares students for university programs in physical education, kinesiology, recreation, and sports administration.

CREDIT: 1

TYPE: University

GRADE: 12

PREREQUISITE: Any Grade 11 University or University/ College preparation course in Science, or any Grade 11 or 12 open course in Health and Physical Education