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| **HEALTH AND PHYSICAL EDUCATION – Grade 10** | | | |
| **Personal and Fitness Activities - Female** | | **PAF2OF** | |
| 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. Improved physical fitness through aerobic and weight training is the main objective of this course. Units include different types of training such as; low impact, strength, cardio, circuit, core, HIIT and crossfit. Plus Yoga, Zumba, Tabata, boxing, kick boxing, field trips to local clubs. Each student will develop a personalized fitness plan (nutrition and performance included). | | | |
| **CREDIT:** 1 | **TYPE:** Open | **GRADE:** 10 | |
| **Coed Small group Activities – Net/wall focus** | | **PAI2O** | |
| Through participation in net/wall sports (played over a net or against a wall) such as volleyball, tennis, badminton, pickelball and racquetball, students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. Students will spend 2 - 3 weeks in each net/wall sport, practicing skills, strategies and rules. | | | |
| **CREDIT:** 1 | **TYPE:** Open | **GRADE:** 10 | |
| **Coed Large Group Activities –Territories focus** | | **PAL2O** | |
| Through participation in team sports that are territory in nature, such as, basketball, soccer, hockey and football, students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. Students will spend 1, 7 day unit in each territory sport learning and practicing skills, strategies and tactics specifically for opening and closing space and then incorporating them in another 7 day unit in tournament play. | | | |
| **CREDIT:** 1 | **TYPE:** Open | **GRADE:** 10 | |
| **Healthy Active Living Education - Female** | | **PPL2OF** | |
| This all-girls class offers participation in a wide range of physical activities, like Ultimate Frisbee, touch football, tennis, soccer, floorball, volleyball, pickelball, games of low organization and fitness. Students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. | | | |
| **CREDIT:** 1 | **TYPE:** Open | **GRADE:** 10 | |
| **Healthy Active Living Education - Male** | | **PPL2OM** | |
| This all-boys class offers participation in a wide range of physical activities, like softball, touch football, soccer, handball, tchoukball, badminton, ball hockey, volleyball and basketball. Students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. | | | |
| **CREDIT:** 1 | **TYPE:** Open **GRADE:** 10 | |

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| **HEALTH AND PHYSICAL EDUCATION – Grade 11** | | | |
| **Co-Ed Outdoor Activities** | | **PAD3O** | |
| This co-ed course offers participation in a wide range of physical activities and exposure to a broader range of activity settings, such as, in the Westdale community, Churchill Park and the RBC Cootes Paradise area. This course focuses on Outdoor Activities, Leadership Development and introduces students to sports/activities not often taught in core PE classes. An overnight canoe trip is one of 3-4 excursions that the class attends to expose students to other activities outside of the traditional 'PE class'. | | | |
| **CREDIT:** 1 | **TYPE:** Open | **GRADE:** 11 | |
| **Performance and Fitness Activities – Co-Ed** | | **PAF3O** | |
| This co-ed course focuses on the practical application and the development of the general fitness components: muscular strength, muscular endurance, flexibility and body composition. Individuals may also develop their knowledge, understanding and performance in speed, power and agility through activities performed in and around the Warrior Training Center. | | | |
| **CREDIT:** 1 | **TYPE:** Open | **GRADE:** 11 | |
| **Personal and Fitness Activities - Female** | | **PAF3OF** | |
| This all-females course focuses on the practical application and the development of the general fitness components: muscular strength, muscular endurance, flexibility and body composition. Each student will develop a personalized fitness plan and be introduced to other types of fitness activities like yoga, pilates, cross-fit, dance, aquatics, and tai chi. | | | |
| **CREDIT:** 1 | **TYPE:** Open | **GRADE:** 11 | |
| **Co-Ed Large Group Activities – Team Sports** | | **PPL2OF** | |
| This course offers participation in a wide range of team sports to enhance students’ movement competence, personal fitness, and confidence. This course focuses on team sports. Students will vote/choose 7-8 team sports to play throughout the semester. Each unit will focus on one team sport. Students will play on the same team for the semester and will have a team shirt/colour. Each unit will start with some sport specific skills and drills and end with tournament play over the last few days. | | | |
| **CREDIT:** 1 | **TYPE:** Open | **GRADE:** 11 | |
| **Co-Ed Healthy Active Living Education** | | **PPL3O** | |
| This course offers participation in a wide range of physical activities and exposure to a broader range of activity settings. Students enhance their movement competence, personal fitness, and confidence, through participation in activities, such as, ultimate Frisbee, soccer, tennis, volleyball, basketball, football, badminton, fitness, floor hockey, etc. | | | |
| **CREDIT:** 1 | **TYPE:** Open **GRADE:** 11 | |

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| **HEALTH AND PHYSICAL EDUCATION – Grade 12** | | | |
| **Co-Ed Healthy Active Living Education** | | **PPL4O** | |
| This course enables students to further develop the knowledge and skills they need to make healthy choices and places special emphasis on how students can maintain the habits of healthy, active living throughout their lives as they make the transition to adulthood and independent living. Through participation in a wide range of physical activities that students get to choose, students can enhance their movement competence, personal fitness, and confidence | | | |
| **CREDIT:** 1 | **TYPE:** Open | **GRADE:** 12 | |
| **Performance and Fitness Activities –Co-Ed** | | **PAF4O** | |
| Students will develop individual fitness plans to improve or to maintain a high level of fitness. Regular work-outs will include an emphasis on weight training and cardiovascular training. This course will also focus on designing training programs for specific sport development - preseason, season and post-season training. This course allows students to continue to develop their abilities in the components of fitness through strength training. In addition, they gain a better understanding of the human body through the topics of anatomy and physiology, nutrition and program planning. | | | |
| **CREDIT:** 1 | **TYPE:** Open | **GRADE:** 12 | |
| **Personal and Fitness Activities - Female** | | **PAF4OF** | |
| This all-females course focuses on the practical application and the development of the general fitness components: muscular strength, muscular endurance, flexibility and body composition. Each student will develop a personalized fitness plan and be introduced to other types of fitness activities like yoga, pilates, cross-fit, dance, aquatics, and tai chi. In addition, they gain a better understanding of the human body through the topics of anatomy and physiology, nutrition and program planning. | | | |
| **CREDIT:** 1 | **TYPE:** Open | **GRADE:** 12 | |
| **Recreation and Healthy Active Living Leadership** | | **PLF4M** | |
| This course enables students to explore the benefits of lifelong participation in active recreation and healthy leisure and to develop the leadership and coordinating skills needed to plan, organize, and safely implement recreational events and other activities related to healthy, active living. Students will also learn how to promote the benefits of healthy, active living to others through mentoring and assisting them in making informed decisions that enhance their well-being. The course will prepare students for university programs in physical education and health and kinesiology and for college and university programs in recreation and leisure management, fitness and health promotion, and fitness leadership. | | | |
| **CREDIT:** 1 | **TYPE:** University/College  **PREREQUISITE:** Any health and physical education course. | **GRADE:** 12 | |
| **Introductory Kinesiology** | | **PSK4U** | |
| This course enables students to explore the benefits of lifelong participation in active recreation and healthy leisure and to develop the leadership and coordinating skills needed to plan, organize, and safely implement recreational events and other activities related to healthy, active living. Students will also learn how to promote the benefits of healthy, active living to others through mentoring and assisting them in making informed decisions that enhance their well-being. The course will prepare students for university programs in physical education and health and kinesiology and for college and university programs in recreation and leisure management, fitness and health promotion, and fitness leadership. | | | |
| **CREDIT:** 1 | **TYPE:** University **GRADE:** 12  **PREREQISITE:** Any grade 11 university or 3M science course or any grade 11 or 12 course in Health and Physical Education. | |