

Health and Physical Education Course Descriptions 2022-2023



Grade 9	Description
PPL10F	<ul style="list-style-type: none"> € Healthy Active Living Education € Identifies Female € This course will focus on learning the skills needed to make healthy choices today and lead a healthy active life in the future. € Through participation in a wide range of physical activities, students will develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. € Physical activities will include; invasion/territory games, net/wall games, target activities and fitness development. € Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Vaping, alcohol and intro to drugs) ○ Human Development and Sexual Health (Healthy Relationships, consent, contraception) ○ Personal Safety and Injury Prevention (Bullying, safe use of technology) ○ Healthy Eating (Canada's food guide, meal planning)
PPL10M	<ul style="list-style-type: none"> ● Healthy Active Living Education ● Identifies Male ● This course will focus on learning the skills needed to make healthy choices today and lead a healthy active life in the future. ● Through participation in a wide range of physical activities, students will develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. ● Physical activities will include; invasion/territory games, net/wall games, target activities and fitness development. ● Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Vaping, alcohol and intro to drugs) ○ Human Development and Sexual Health (Healthy Relationships, consent, contraception) ○ Personal Safety and Injury Prevention (Bullying, safe use of technology) ○ Healthy Eating (Canada's food guide, meal planning)
PAL10	<ul style="list-style-type: none"> € Sport Performance € All Genders € This course will focus on enriched skill development in a select number of core sports. € Sport specific training exercises are a key element of this course, with a focus on character building, leadership enhancement, and team building strategies. € This course offers the student athlete an opportunity to excel and be challenged with peers of similar ability levels. € School wide and community promotion of the True Sport philosophy will be an initiative for students in this class. € Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units with an emphasis on the ; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Vaping, alcohol, performance enhancing drugs) ○ Human Development and Sexual Health (Healthy Relationships, consent, contraception) ○ Personal Safety and Injury Prevention (Bullying, stress management while training)

	<ul style="list-style-type: none"> ○ Healthy Eating Pre/ Post tournament meal planning for athletes)
PAD10	<ul style="list-style-type: none"> € Hockey Skills Focus € All Genders € This course will focus on enriched skill development in hockey on and off the ice. (30 on ice sessions) € Sport specific skill development with a focus on passing, shooting, stick-handling, skating and checking € This course offers the student athlete an opportunity to excel and be challenged with peers of similar ability levels. € Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Vaping, alcohol, performance enhancing drugs) ○ Human Development and Sexual Health (Healthy Relationships, consent, contraception) ○ Personal Safety and Injury Prevention (Bullying, stress management while training) ○ Healthy Eating (Pre/ Post tournament meal planning for athletes) <p style="text-align: right;">** You must provide your own equipment</p>

Grade 10	Description
PPL2OF	<ul style="list-style-type: none"> € Healthy Active Living Education € Identifies Female € This course will continue to focus on learning the skills needed to make healthy choices today and lead a healthy active life in the future. € Through participation in a wide range of physical activities, students will develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. € Physical activities will include; invasion/territory games, net/wall games, target activities and fitness development. € Students will continue to acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Decision making, effects on well being, and addictions) ○ Human Development and Sexual Health (Sexual decision making, consequences, influence of social media) ○ Personal Safety and Injury Prevention (Factors that enhance mental health, Conflict, ○ Healthy Eating (Nutritional influences, healthy habits)
PPL2OM	<ul style="list-style-type: none"> ● Healthy Active Living Education ● Identifies Male ● This course will continue to focus on learning the skills needed to make healthy choices today and lead a healthy active life in the future. ● Through participation in a wide range of physical activities, students will develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. ● Physical activities will include; invasion/territory games, net/wall games, target activities and fitness development. ● You will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Decision making, effects on well being, and addictions) ○ Human Development and Sexual Health (Sexual decision making, consequences, influence of social media) ○ Personal Safety and Injury Prevention (Factors that enhance mental health, conflict, minimizing risks) ○ Healthy Eating (Nutritional influences, healthy habits)

PAL20	<ul style="list-style-type: none"> € Sport Performance € All Genders € This course will continue to focus on enriched skill development in a select number of core sports. € Sport specific training exercises are a key element of this course, with a focus on character building, leadership enhancement, and team building strategies. € This course offers the student athlete an opportunity to excel and be challenged with peers of similar ability levels. € School wide and community promotion of the True Sport philosophy will be an initiative for students in this class. € Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Decision making, effects on well being, and addictions in sport) ○ Human Development and Sexual Health (Sexual decision making, consequences, influence of social media) ○ Personal Safety and Injury Prevention (Factors that enhance mental health, conflict, minimizing risks in sport) ○ Healthy Eating (Nutritional influences, healthy habits, meal planning for sport)
PAD20	<ul style="list-style-type: none"> € Hockey Skills Focus € All Genders € This course will continue to focus on enriched skill development in hockey on and off the ice. (30 on ice sessions) € Sport specific skill development with a focus on passing, shooting, stick-handling, skating and checking € This course offers the student athlete an opportunity to excel and be challenged with peers of similar ability levels. € Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Decision making, effects on well being, and addictions in sport) ○ Human Development and Sexual Health (Sexual decision making, consequences, influence of social media) ○ Personal Safety and Injury Prevention (Factors that enhance mental health, conflict, minimizing risks in sport) ○ Healthy Eating (Nutritional influences, healthy habits, meal planning for sport) <p style="text-align: right;">** You must provide your own equipment</p>

Grade 11	Description
PPL30C	<ul style="list-style-type: none"> ● Healthy Active Living Education ● All Genders ● This course will continue to focus on learning the skills needed to make healthy choices today and lead a healthy active life in the future. ● Through participation in a wide range of physical activities, students will develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. ● Physical activities will include; invasion/territory games, net/wall games, target activities and fitness development. ● You will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Connections between addictions and mental illnesses, mental health supports) ○ Human Development and Sexual Health (Reproductive issues, mental illness conditions and stigma) ○ Personal Safety and Injury Prevention (Risky behaviours, influences and impact) ○ Healthy Eating (Current issues with foods, impact of health conditions on food choices)
PAL30C	<ul style="list-style-type: none"> ● Team Games ● All Genders ● This course will continue to focus on enriched skill development in a select number of core sports. ● Sport specific strategies and officiating are a key element of this course, with a focus on leadership, character building and team building strategies. ● This course offers the student athlete an opportunity to excel and be challenged with peers of similar ability levels. ● Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Connections between addictions and mental illnesses, mental health supports) ○ Human Development and Sexual Health (Reproductive issues, mental illness conditions and stigma) ○ Personal Safety and Injury Prevention (Risky behaviours, influences and impact) ○ Healthy Eating (Current issues with foods, impact of health conditions on food choices)
PAD30	<ul style="list-style-type: none"> ⊘ Hockey Skills Focus ⊘ All Genders ⊘ This course will continue to focus on enriched skill development in hockey on and off the ice. (30 on ice sessions) ⊘ Sport specific skill development with a focus on passing, shooting, stick-handling, skating and checking ⊘ This course offers the student athlete an opportunity to excel and be challenged with peers of similar ability levels. ⊘ Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Connections between addictions and mental illnesses, mental health supports) ○ Human Development and Sexual Health (Reproductive issues, mental illness conditions and stigma) ○ Personal Safety and Injury Prevention (Risky behaviours, influences and impact) ○ Healthy Eating ((Current issues with foods, impact of health conditions on food choices) <p style="text-align: right;">** You must provide your own equipment</p>

PAF30	<ul style="list-style-type: none"> ● Personal Fitness Training ● All Genders ● This co-ed course introduces students to the benefits of cardiovascular fitness and resistance training while addressing all components of physical fitness. ● Students will have the opportunity to develop personalized training regimens, engage in vigorous fitness workouts, and improve all components of the fitness profile (muscular strength, muscular endurance, flexibility, body composition, and cardiorespiratory fitness) ● This course is designed for students interested in training specifically for a sport or looking to elevate their own personal fitness level. ● The emphasis will focus on running, swimming, resistance training and aerobic conditioning. ● Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Connections between addictions and mental illnesses, mental health supports) ○ Human Development and Sexual Health (Reproductive issues, mental illness conditions and stigma) ○ Personal Safety and Injury Prevention (Risky behaviours, influences and impact) ○ Healthy Eating (Current issues with foods, impact of health conditions on food choices)
PAI30	<ul style="list-style-type: none"> ● Fitness and Mindfulness Training (Previously named Girls Fitness) ● All Genders ● This course focuses on the benefits of fitness and conditioning and is specifically designed for students interested in improving their overall fitness levels and personal wellbeing. ● A wide variety of aerobic conditioning and mindfulness activities will be offered, including: cardio workouts, resistance training, bootcamps, Yoga, bullet journaling, and mindfulness practices. ● The emphasis will focus on healthy stress management through physical activity and positive mental health practices. ● Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Connections between addictions and mental illnesses, mental health supports) ○ Human Development and Sexual Health (Stress management, mental illness conditions and stigma) ○ Personal Safety and Injury Prevention (Risky behaviours, influences and impact) ○ Healthy Eating (Current issues with foods, impact of stress on food choices)
PPZ3CeL	<ul style="list-style-type: none"> ● Health for Life ● eLearning ● This course enables students to examine the factors that influence their own health practices and behaviours as well as those factors that contribute to the development of healthy communities. ● It emphasizes the concept of wellness, which addresses all aspects of well-being – physical, cognitive, emotional, spiritual, and social – and promotes healthy eating, physical activity, and building and maintaining a positive sense of self. ● Students will develop the skills necessary to make healthy choices and create a personal wellness plan. They will also design initiatives that encourage others to lead healthy, active lives. ● This course prepares students for college programs in health sciences, fitness, wellness, and health promotion.

Grade 12	Description
PSK4U	<ul style="list-style-type: none"> ● Kinesiology ● This course focuses on the study of human movement and the systems, factors and principles involved in human movement and growth and development. It emphasizes knowledge and understanding in Sociology of Sport, Anatomy, Physiology, Biomechanics and Human Development. ● Students will learn the effects physical activity has on health and performance, the evolution of physical activity and sports, factors affecting participation in sport, and current issues in sport in society. ● The course prepares students for university and college programs in physical education, kinesiology, recreation, sports' injury management and sports administration.
PPL4O	<ul style="list-style-type: none"> ● Healthy Active Living Education ● All Genders ● This course will continue to focus on learning the skills needed to make healthy choices today and lead a healthy active life in the future. ● Through participation in a wide range of physical activities, students will develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. ● Physical activities will include; invasion/territory games, net/wall games, target activities and fitness development. ● Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Resilience, consequences, local and international issues) ○ Human Development and Sexual Health (Skills for evolving relationships, bias and stereotypes in media) ○ Personal Safety and Injury Prevention (Harassment, violence, abuse) ○ Healthy Eating (Healthy eating choices in different contexts, personal circumstances)
PLF4M	<ul style="list-style-type: none"> ● Recreation and Fitness Leadership ● All Genders ● 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. ● The course will prepare students for college programs in recreational, leisure, and fitness leadership. ● Students will organize and implement a Triathlon for 300 or more athletes from Ancaster High School, HWDSB, and the community. ● Students will organize and implement the Terry Fox Run ● Students will be responsible for Intramural Programs within the school. ● Students will convene tournaments hosted by Ancaster High School.
PAF4O	<ul style="list-style-type: none"> ● Personal Fitness Training ● All Genders ● This course will continue to focus on the benefits of strength and conditioning, weight training principles, and overall fitness. ● Students will have the opportunity to develop personalized training regiments, learn safety and proper lifting techniques and engage in vigorous fitness workouts, ● The emphasis will focus on proper lifting techniques and strength conditioning ● Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours

	<ul style="list-style-type: none"> ○ Human Development and Sexual Health ○ Personal Safety and Injury Prevention ○ Healthy Eating
PAI4O	<ul style="list-style-type: none"> ● Fitness and Mindfulness Training (Previously Girls Fitness) ● All Genders ● This course continues to focus on the benefits of fitness and conditioning and is specifically designed for students interested in improving their overall fitness levels and mental wellbeing. ● A wide variety of aerobic conditioning and mindfulness activities will be offered, including: cardio workouts, resistance training, bootcamps, Yoga, journaling, and mindfulness practices. ● The emphasis will focus on healthy stress management through physical activity and positive mental health practices. ● Students will also acquire an understanding of the factors and skills that contribute to healthy development and making healthy choices in the following units; <ul style="list-style-type: none"> ○ Substance Use, Addictions and Related Behaviours (Resilience, consequences, local and international issues) ○ Human Development and Sexual Health (Skills for evolving relationships, bias and stereotypes in media and impact on well being) ○ Personal Safety and Injury Prevention (Harassment, violence, abuse, impact on individual) ○ Healthy Eating (Healthy eating choices in different contexts, personal circumstances)
PSK4UeL	<ul style="list-style-type: none"> ● Kinesiology ● eLearning ● This course focuses on the study of human movement and the systems, factors and principles involved in human movement and growth and development. It emphasizes knowledge and understanding in Sociology of Sport, Anatomy, Physiology, Biomechanics and Human Development. ● Students will learn the effects physical activity has on health and performance, the evolution of physical activity and sports, factors affecting participation in sport, and current issues in sport in society. ● The course prepares students for university and college programs in physical education, kinesiology, recreation, sports' injury management and sports administration.