

Healthy Active Living Education, Grade 9 Open (PPL10)

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. *All schools – may be offered as PPL10M (Boys' Physical Education), PPL10F (Girls' Physical Education)*