

Healthy Active Living Education, Grade 9, Open (PPL10)

This course equips students with the knowledge and skills they need to make healthy choices now and lead healthy, active lives in the future. Through participation in a wide range of physical activities, students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. Students also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well-being is affected by, and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively.

Three Course Choices

PPL101 - Inclusive of all student identities

PPL103 - Identifying males

PPL104 - Identifying females

Units of Study

- **Cooperative games**
- **Cricket**
- **Badminton**
- **Fitness**
- **Rugby**
- **Baseball**
- **Field hockey**
- **Basketball**
- **Volleyball**

- **Health**
 - **Substance abuse**
 - **Nutrition**
 - **Sexual Education**
 - **Mental Health**