

HARBORD HEALTH AND PHYSICAL EDUCATION COURSE OFFERINGS

Harbord's Health and Physical Education department offers students a diverse program of curricular and extra-curricular options. Harbord's health and physical education program is based on the vision of developing life-long healthy active individuals. Our goal is to provide students with the fundamental skills to make choices in leading healthy, active lives so that they can thrive in our ever-changing society. We offer sport-focus activities in our Healthy Active Living Education courses (PPL), and fitness-focus activities in our Personal Fitness courses (PAF). We also offer university and mixed courses in our senior programming including an Introductory Kinesiology course (PSK4U) and the Recreation and Healthy Active Living Leadership course (PLF4M).

Should you have any questions, comments, or concerns, please contact the Health and Physical Education Department at 416 393 1650 ext. 20032.

ACL – Health and Physical Education – N. Vavougios

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HEALTH AND PHYSICAL EDUCATION

Note: detailed course descriptions can be found at the link below: *(Enter Course Code into the search field)*
[Toronto District School Board - Course Descriptions](#)

Grade 9

Healthy Active
Living Education

PPL1OF – female
PPL1OM - male

Grade 9, Open



Grade 10

Healthy Active
Living Education

PPL2OF – female
PPL2OM - male

Grade 10, Open



Grade 11

Healthy Active
Living Education

PPL3O (Co-ed)

Grade 11, Open



Grade 12

Healthy Active
Living Education

PPL4O (Co-ed)

Grade 12, Open



Personal Fitness

PAF1O1
(Co-ed)

Grade 9, Open



Personal Fitness

PAF2OF
(Female Only)

PAF2O1
(Co-ed)

Grade 10, Open



Personal Fitness

PAF3OF - female

PAF3OM - male

Grade 11, Open



Introductory Kinesiology

PSK4U

Grade 12, University

Prerequisite:

Any 11/12 Health & Physical
Education

OR

Any Grade 11 U/C Science course



Recreation and Healthy Active
Living Leadership

PLF4M

Grade 12, University/College

Leadership



Students can take two Health and Physical Education courses concurrently