

# HARBORD COLLEGIATE INSTITUTE



## HEALTH & PHYSICAL EDUCATION AND ATHLETICS

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).

### Grade 9

PPL1O M/F

### Grade 10

PPL2OM/F  
PAF2OF

### Grade 11

PPL3O (Co-ed)  
PAF3OM/F

### Grade 12

PSK4U  
PPL4O (Co-ed)  
PLF4M



## HARBORD TIGERS ATHLETICS

### Fall

Junior Boys Soccer  
Senior Boys Soccer  
Junior Boys Volleyball  
Senior Boys Volleyball  
Varsity Girls Basketball  
Varsity Girls Field Hockey  
Varsity Girls Ultimate Frisbee  
Varsity Tennis

### Winter

Junior Boys Basketball  
Senior Boys Basketball  
Varsity Boys Ice Hockey  
Junior Girls Volleyball  
Senior Girls Volleyball  
Varsity Boys Indoor Soccer  
Varsity Girls Indoor Soccer  
Varsity Girls Ice Hockey  
Varsity Badminton  
Varsity Swimming  
Varsity Wrestling

### Spring

Varsity Boys Baseball  
Varsity Girls Soccer  
Varsity Co-ed Volleyball  
Varsity Tennis  
Varsity Track & Field  
Varsity Ultimate Frisbee

From our varsity sports to our lunchtime programming, Harbord offers something for everyone! Examples of our extra-curricular programs include the Harbord Athletic Council, Fun Fit, Lunchtime Intramurals and Drop-in Open Gym, Swim Club and weekly sessions in the Strength and Conditioning Centre.

Should you have any questions, comments or concerns, please contact the Health and Physical Education Department at 416 488 9102 ext. 20021 or follow us on Twitter @HCITigers and Instagram @hciathletics

