



# Health & Physical Education

## Grade 9 Options:

**PPL10F/M**  
(female or male option)

OR

**PAF101** (coed)

**PPL10F or PPL10M:** Take this course if you would like to improve your overall health and well-being through playing team and small group sports. Students in this course work towards their personal fitness goals by participating in various sports outdoors and in the gymnasium.

### Major Health Units Covered:

Healthy Eating  
Personal Safety and Injury Prevention  
Substance Use, Addiction and Related Behaviours  
Human Development



**PAF101:** Take this coed course if you would like to improve your overall health and well-being by focusing on your personal fitness. Students in this course work towards their personal fitness goals by exploring fitness focused activities in our fitness centre, outdoors and in the gymnasium.

### Major Health Units Covered:

Healthy Eating  
Personal Safety and Injury Prevention  
Substance Use, Addiction and Related Behaviours  
Human Development

