



Health & Physical Education

Grade 10 Options:

PPL2OF/M: Take this if you love being active and playing team sports



PAF2OF/M: Take this if you love working out and improving your personal fitness



PAI2O1: Take this coed course if you love playing racquet sports like badminton, tennis, squash, table tennis, etc.



Grade 11 Options:

PPL3OF/M: Take this if you love being active and playing team sports



PAF3OF/M: Take this if you love working out and improving your personal fitness



PAI3O1: Take this coed course if you love playing racquet sports like badminton, tennis, squash, table tennis, etc.



PLF4MO1: Take this if you want to develop leadership skills needed to plan recreational events and other activities related to healthy, active living

Grade 12 Options:

PPL4O1: Take this coed course if you love being active and playing team sports



PAF4OF/M: Take this if you love working out and improving your personal fitness



PSK4U1: Take this university prep course if you want to learn more about human anatomy and movement. Great if you are planning to go into Kinesiology, Nursing, Health Sciences, or Life Sciences