

# PPL= SPORTS

**Healthy Active Living Education** courses emphasize regular participation in a variety of **enjoyable physical activities** that promote lifelong activity.

This is a **group activity** based course that focuses on skill improvement, game play and strategies, and fitness development.

**Activities** may include: Soccer, Basketball, Badminton, Floor Hockey, Lacrosse, Volleyball, Football, Rugby, Aquatics, Ultimate Frisbee, LOGs, Softball, Cricket, European Handball, Kochball, etc..

Offered in grade: 9, 10, 11, 12