

Welcome to SATEC @ WA Porter!

Course selection can be a bit confusing and our Physical Education department want to give you a hand. In grade 9 you have 2 options for gym courses. They are quite different so we want to make sure that you make the right choice for your interests.

Choice #1: Healthy Active Living Education

Course Code: PPL 1O1 (co ed) or PPL 1OF (Female) or PPL 1OM (Male)

Healthy Active Living Education is like a **regular gym course**. It focuses on **sports**, playing traditional and non-traditional games, and other activities that help develop movement skills used in sports.

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

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

If you **LIKE** playing **SPORTS**, games involving groups and sports. Pick this option.

Choice #2: Personal Fitness: Fitness and Strength Training

Course Code: PAF 1O1 (coed)

Personal Fitness: Fitness & Strength Training

In this course you will participate in a variety of **enjoyable fitness activities** that include different types of circuit training designs and traditional **strength training** workouts. The class takes place in our weight room and gymnasium.

Our weight room has dumbbells, weight bars, kettlebells, various machines, battle ropes, cardio machines and much more.

This course is **individual-activity** based with some **group exercise** that includes improvement of strength training movement skills, and participation in various fitness activities.

Activities may include: Strength Training, Weight Room activities, Cardio workouts, Yoga, Circuit training, Aerobics, Distance Runs, Boot Camps, Track Circuits, Interval training, Tabata workouts, Agility Ladder and Medicine Ball workouts, Aquatics, Individual workouts and Partner workouts, etc.

If you **LIKE individual** activities, to build strength and to learn about types of **WORKOUTS**. Pick this option.