

YORK MILLS C.I.

Health & Physical Education Department Courses

PPL20M

Gr. 10 Boys
Healthy Active
Living Gym

PPL20F

Gr. 10 Girls
Healthy Active
Living Gym

PAL20

Gr. 10 Co-ed
Large Group Activities
"Volleyball Focus"

PPL30M

Gr. 11 Boys
Healthy Active
Living Gym

PAF30

Gr. 11 Co-ed
Personal Fitness

PPL30F

Gr. 11 Girls
Healthy Active
Living Gym

PAI30

Gr. 11 Co-ed
Small Group Games
"Racquet Games"

PAL30

Gr. 11 Co-ed
"Volleyball Focus"
Group Activities

PPL40

Gr. 12 Co-ed
Healthy Active
Living Gym

PAF40

Gr. 12 Co-ed
Personal Fitness

PAI40

Gr. 12 Co-ed
Small Group Activities
"Racquet sports Focus"

PSE4U

Gr. 12 University
Exercise Science
recommended
Gr. 11 Biology

- You must complete 30 credits & 40 Com. Hrs to obtain your OSSD (high school diploma)
- Applying to University, requires a minimum of 6 University/Mixed courses
 - *Strongly suggested* that you have a minimum of 7 U or M courses
 - These courses must meet the university program pre-requisites/requirements
 - Courses must be completed by semester 1 or enrolled in during semester 2
- You may have a maximum of 2 spares during your high school career, however it is *strongly suggested* that you select a full course load at the beginning of each semester, then if needed , drop a course and replace it with a spare.

