

Health and Physical Education Focus Courses

	<i>Grade 9</i>	<i>Grade 10</i>	<i>Grade 11</i>	<i>Grade 12</i>
Personal and Fitness Activities			PAF3O	PAF4O
Rhythm and Movement			PAR3O	

Personal and Fitness Activities, Grade 11, Open

PAF3O

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills, and will be given opportunities to practice goal-setting, decision-making, coping, social and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health and personal safety. *The focus of this course is to develop a healthy and active living lifestyle by implementing strength and conditioning program.*

Prerequisites: None

Personal and Fitness Activities, Grade 12, Open

PAF4O

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students' interest throughout their lives. Students will develop and implement personal physical fitness plans. In addition, they will be given opportunities to refine their decision-making, conflict-resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others. *The focus of this course is to continue to develop a healthy and active living lifestyle by implementing strength and conditioning program.*

Prerequisites: None

Rhythm and Movement, Grade 11, Open

PAR3A

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills, and will be given opportunities to practice goal-setting, decision-making, coping, social and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health and personal safety. *The focus of this course is to develop a healthy and active lifestyle through aerobics and cardiovascular exercises and activities.*

Prerequisites: None