

## **GRADE 9 HEALTHY ACTIVE LIVING**

### **PPL10F**

This course emphasizes regular participation in a variety of enjoyable physical activities that will enhance the students' fitness, health and personal competence, and will promote lifelong active living. The health and physical education curriculum includes the following topics: healthy sexuality, substance use and abuse and CPR.

### **SUMMATIVE ASSESSMENT**

**15% Fitness Testing**

**15% Fitness Testing Written Package**

### **THE FOLLOWING ACTIVITIES ARE TENTATIVELY SCHEDULED FOR PPL10F**

**Bowling: \$10**

**Adventure Bay \$15**

**Springz \$20**

**TOTAL = \$40.00**

**PLEASE NOTE THIS IS A TENTATIVE LIST & SOME ACTIVITIES MAY NOT BE INCLUDED**

**PLEASE MAKE CHEQUE PAYABLE TO "ESSEX ATHLETIC ASSOCIATION"**

**REMIND 101: (289) 813-3977 @de6k8**