

# HEALTH AND PHYSICAL EDUCATION GRADE 11

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### **Aquatics and Leadership (Two Credit Package) Grade 11, Open IDP30/PAQ30**

This is a two credit interdisciplinary package. This course focuses on the development of a healthy lifestyle and participation in an aquatics concentration. Students will receive certification in Bronze Medallion, Bronze Cross, National Lifeguard Services, Standard and Emergency First Aid. Students will develop skills in communication, coaching, leadership and teamwork as it relates to water safety. They will acquire an appreciation of the importance of contributing to their communities and helping others.

**Prerequisite: Must be a competent swimmer. The course cost of approximately \$425.00 will cover certifications, testing, transportation, pool rental, instructor and examiner fees.**

### **Healthy Active Living Education - Grade 11, Open PPL30**

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, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety.

**Prerequisite: None**

### **Personal Fitness – Grade 11 Open PAF30**

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. With a focus on fitness and weight training, this course provides students with the opportunity to pursue an interest in personal fitness activities. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness and health.

**Prerequisite: None**