



PHYS. ED. COURSES



GET ACTIVE

STAY HEALTHY

GRADE 9	GRADE 10	GRADE 11	GRADE 12
PPL 10X Healthy Active Living (Female)	PPL 20X Healthy Active Living (Female)	PPL 30X Healthy Active Living (Female)	PAF 40X Live Fit
PPL 10Y Healthy Active Living (Male)	PPL 20Y Healthy Active Living (Male)	PPL 30Y Healthy Active Living (Male)	PAF 40Y Power Fit
	PAF 20X Live Fit	PAF 30X Live Fit	PPL 40I Co-Ed Recreation and Leisure
	PAF 20Y Power Fit	PAF 30Y Power Fit	PLF 4MI* Recreation and Leadership (Co-Ed)
			PSK 4UI Introduction to Kinesiology

*PLF4MI is a recommended course for the Specialist High Skills Major in Sports program