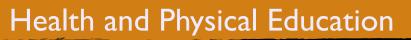


BRDHS

BELLE RIVER DISTRICT HIGH SCHOOL



## Grade 9 Compulsory

- PPLIOM Healthy Active Living Education & PPLIOF -Healthy Active Living Education
- PAIIO Hockey Canada Skills Academy

### Phys. Ed. Beyond Grade 9

# Grade 10

- Healthy Active Living Education - PPL2O
- Large Group Activities (Football) - PAL2O

### Grade II

- Healthy Active Living Education - PPL3O
- Personal and Fitness Activities -PAF3O
- Large Group Activities (Football) - PAL3O

# Grade 12

- Healthy Active Living Education -PPL4O
- Personal and Fitness Activities -PAF4O
- Introductory Kinesiology -PSK4U
- Recreation and Healthy Active Living Leadership -PLF4M

#### Potential Grade 9 Activities

#### Activities available:

- Badminton
- Softball
- Flag Football
- Wrestling
- Soccer
- Handball
- Field Hockey
- Weight Training
- Floor Hockey
- Basketball
- Dancing
- Lacrosse
- Volleyball
- Fitness
- Track & Field
- Target Games
- Table Tennis
- Ultimate Frisbee
- Co-operative Games

#### Specialist High Skills Major in Health and Wellness

The SHSM program allows students to focus on a specific field of study while meeting requirements for the OSSD. Some

• A co-op placement related to their area of interest

and Wellness SHSM include:

benefits from taking the Health

- Experience in a range of customized learning opportunities in the area of health and wellness
- Attainment of several extra training certifications (CPR, First Aid, WHMIS, etc.)
- Opportunities to establish relationships and networks in their field of interest
- Experiential learning in local postsecondary facilities
- Potential for recognition by college and university programs specific to Health and Wellness



P.E. Uniforms: Belle River T-shirt & Shorts (Cost \$30)

# **Our Facilities**

# WECSSA Sports at BRDHS

## 6-Lane 400-metre Rubberized Track Football Field Soccer Field

Multi-purpose Fields Tennis Courts Baseball Diamonds New Weight Room 2 Gymnasiums

Health Room

#### FALL SPORTS

Football, Boys Volleyball, Girls Basketball, Tennis, Golf, Cross-Country

#### WINTER SPORTS

Boys Basketball, Girls Volleyball, Boys and Girls Hockey, Curling, Swimming

#### SPRING SPORTS

Badminton, Boys Baseball, Girls Slo-Pitch, Boys and Girls Soccer, Track & Field













Questions? Please contact the Department Head: **Mr. G. Hlady** 



