



Health and Physical Education

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 11

- 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 benefits from taking the Health and Wellness SHSM include:

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

SHSM



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

