



# BRDHS

## Belle River District High School



# Health and Physical Education

### Grade 9 Compulsory

- PPL10M - Healthy Active Living Education & PPL10F - Healthy Active Living Education
- PAI10 - Hockey Skills Course

### Phys. Ed. Beyond Grade 9

#### **Grade 10**

- Healthy Active Living Education - PPL20

#### **Grade 11**

- Healthy Active Living Education - PPL30
- Personal and Fitness Activities - PAF30

#### **Grade 12**

- Healthy Active Living Education - PPL40
- Personal and Fitness Activities - PAF40
- Introductory Kinesiology - PSK4U
- Recreation and Healthy Active Living Leadership - PLF4M

### 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

### **Leadership Camp for Nobles!**

Grade 9 and Grade 12 students may participate in the YLC Youth Leadership Camp. This is an incredible experience for our Nobles to participate in challenging leadership activities and create strong bonds with peers.

### **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

**P.E. uniforms available: Belle River t-shirt and shorts**



# Our Facilities

Football Field  
Soccer Field  
Health Room

Multi-purpose Fields  
Tennis Courts

Baseball Diamonds  
New Weight Room  
2 Gymnasiums



## WECSSA Sports at BRDHS

### WINTER SPORTS

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

### FALL SPORTS

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

### SPRING SPORTS

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

Check us out at  
[www.bellerivernobles.ca](http://www.bellerivernobles.ca)



Questions?  
Please contact the  
department head:  
**Mrs. K. Kassian**