BRDHS

Belle River District High School

Health and Physical Education

Grade 9 Compulsory

• PPL1OM - Healthy Active Living Education & PPL1OF -Healthy Active Living Education
• PAI1O - Hockey Skills Course

Phys. Ed. Beyond Grade 9

Grade 10
• Healthy Active Living Education - PPL2O

Grade 11
• Healthy Active Living Education - PPL3O
• Personal and Fitness Activities - PAF3O

Grade 12
• Healthy Active Living Education - PPL4O
• Personal and Fitness Activities - PAF4O
• 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.

SHSM

Specialist High Skills Major in Health and Wellness

SHSM

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 snd 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

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