



HPE Course Offerings

Grade 9 - PPL10
(Male - M or Female - F or Co-ed)
Healthy Active Living Education -
Compulsory

Grade 10 - PPL20
(Co-ed)
Healthy Active Living Education

Grade 10 - PAL20
(Co-ed)
Basketball Skills & Strategies

Grade 11 - PPL30
(Co-ed)
Healthy Active Living Education

Grade 11 - PAF30
(Co-ed)
Healthy Living and
Personal and Fitness Activities

Grade 12 - PPL40
(Co-ed)
Healthy Active Living Education

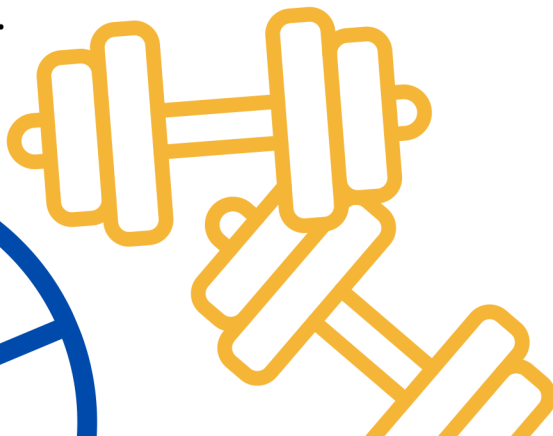
Grade 12-PLF4M - NEW
(Co-ed)
Recreation and Healthy
Active Living Leadership



Specialist High Skills Major Health and Wellness

The **SHSM program** offers students experience in a field that they may be interested in pursuing upon graduation with their OSSD. Some benefits of this program include:

- A cooperative education 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 training certifications (CPR, First Aid, WHMIS, infection control, athletic wrapping and taping, etc.).
- Opportunities to establish relationships and networks in their field of interest
- Visits to postsecondary institutions with a specific focus in their areas of interest.
- Experiential learning opportunities in health and wellness at various locations in our community and region.

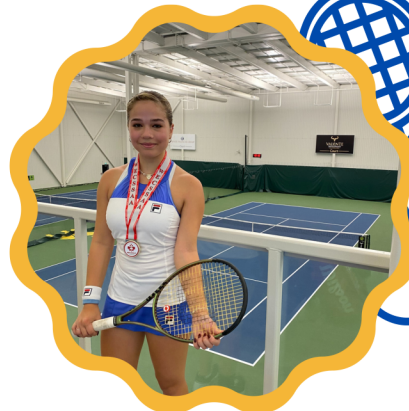


WECSSAA Sports at WCI



Fall Sports

Cross Country
Girls Basketball
Boys Volleyball
Tennis



Spring Sports

Badminton
Track & Field
Girls Slo-pitch
Boys & Girls Soccer

Winter Sports

Boys Basketball
Girls Volleyball



Home of the
Tartans

