

Corpus Christi

Physical and Health Education

Benefits of Physical Activity

- ✓ Reduces the risks of coronary heart disease; diabetes; obesity and osteoporosis.
- ✓ Helps to manage stress.
- ✓ Contributes positively to maintenance of a healthy body weight,
- ✓ Contributes positively to psychological well-being.
- ✓ Contributes positively to self-efficacy and self-esteem.
- ✓ Contributes positively to your quality of life.



Longhorn Athletics

FALL

Basketball Girls Jr. and Sr.
 Volleyball Boys Jr. and Sr.
 Baseball
 Cross Country (Co-Ed)
 Field Hockey Girls Jr. and Sr.
 Football Jr. and Sr.
 Golf Boys
 Golf Girls

WINTER

Alpine
 Badminton Jr. and Sr. (Winter/Spring)
 Basketball Boys Bantam, Jr. and Sr.
 Hockey Girls
 Hockey Boys Jr. and Sr.
 Volleyball Girls Bantam, Jr. and Sr.

SPRING

Lacrosse
 Rugby Girls
 Intramural Football
 Slow Pitch Girls
 Soccer Jr. and Sr. Boys
 Soccer Jr. and Sr. Girls
 Tennis (Co-Ed)
 Track & Field (Co-Ed)

ALL YEAR

Athletic Council
 Weight Room

Courses Offered in Grade Nine:

HEALTHY ACTIVE LIVING:	SPORT-SPECIFIC COURSES:
PPL 10F (FEMALE)	PAL 10T (FOOTBALL AND LARGE GROUP)
PPL 10M (MALE)	

Healthy Active Living:

Activity Units	Health Units
<ul style="list-style-type: none"> ✓ LOG Games ✓ Fitness ✓ Soccer ✓ Football ✓ Volleyball ✓ Basketball ✓ Rugby ✓ Badminton ✓ Ultimate Frisbee ✓ Floor Hockey ✓ European Handball 	<ul style="list-style-type: none"> ✓ Healthy Eating ✓ Human Development and Sexual Health ✓ Personal Safety and Injury Prevention ✓ Substance Use and Addictive Behaviours

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