

# Physical and Health Education

PPL10X  
PPL10Y

Grade 9, Open Level



## What is this course about?

Through participation in a wide range of physical activities including team games and individual activities, students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. Students also acquire an understanding of the factors and skills that contribute to healthy development and well-being.

## What are the benefits of taking this course?

Physical education develops fitness and fosters the desire for lifelong participation in physical activity. Regular physical activity can help students improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression; improving physical and mental health.

### Take this course if you enjoy:

- Playing games, and sports
- Having fun and being active
- Learning something new each day
- Collaborating and being social

LINK TO  
PROMO  
VIDEO

### Frequently Asked Questions:

Q: Are there different options to take in Phys Ed?

A: Yes, through grade 9-12 there are many options for you beyond traditional gym class. We offer personal fitness classes, athletic leadership and kinesiology classes.