

Physical and Health Education

PA1101

Grade 9, Open Level



What is this course about?

This course is a Co-Ed option that focuses on skill development, improved fitness and health through small group and individual activities. 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: Can I take more than 1 PhysEd in grade 9?

A: No in grade 9 you can only take 1 of the 3 options, PPL10Y male, PPL10X female, or PA110I coed individual and small group activities.

<https://fhc.wrdsb.ca/>