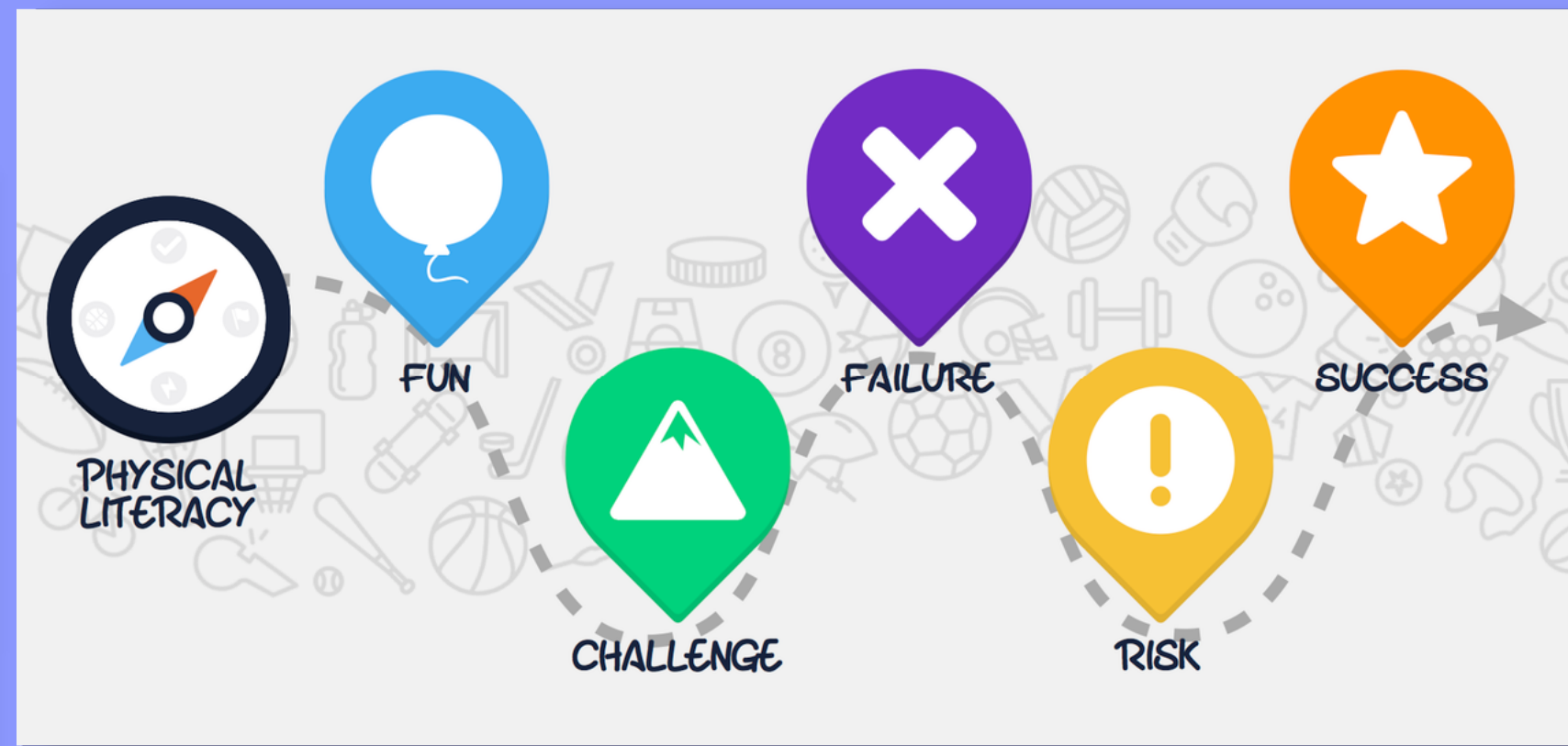


WCI PHYSICAL EDUCATION GRADE 9 INFORMATION



PPL10

In PPL10 students are introduced in a safe and welcoming environment to all aspects of Physical Activity - Fitness, Recreation, Individual/Partner, Small and Large Group Activities - a healthy lifestyle is the goal !



PHYSICAL LITERACY - AS IMPORTANT AS ALL THE OTHER LITERACIES

“Individuals who are physically literate move with competence and confidence in a wide variety of physical activities that benefit the healthy development of the whole person (to lead a healthy life).”

This is Your
BRAIN on
EXERCISE



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10 + BENEFITS TO TAKING HIGH SCHOOL PHYSICAL EDUCATION

Click to see all 10 BUT improved academics, sleep, psychological well being, social-emotional and mental health are just a few of them ! Plus it's tons of fun, you get out of your desk, meet new people and try new things !



Source: The WCI Health and Physical Education Department



GRADE 10-12 HPE COURSES

After Grade 9, there are 2 streams of HPE (Fitness/PAF and Traditional/PPL) until Grade 12. In Grade 12 there are 4 Co-Ed courses available - PPL40 (Traditional) PAF40 (Fitness) and 2 University Level Courses - PLF4M (Leadership PE) and PSK4U (Kinesiology).

