



## **PHYSICAL EDUCATION AND HEALTH PROGRAM**



- Aims to promote an active and healthy lifestyle.
- Encourages students to participate actively and fairly during a wide variety of physical activities.



### ***FairPlay***

- Designed to help students develop three general goals:
  1. Performing movement skills in different physical activities.
  2. Positive interaction with others in different physical activity settings.
  3. The adoption of a healthy active lifestyle.
- Strong focus on students character, ethics and leadership in sports to encourage participation by all students in class.
- Cooperative games are often played during class.



- Cross country running for all cycles.
- Cross country skiing for cycle two and three.



- School participates in several (7) boardwide tournaments to encourage sportsmanship and active living.
- Intramurals activities offered throughout the year during recess and/or lunch.



- Indoor recess rotation for K-6 in gymnasium when experiencing poor weather conditions.
- Fun theme day lesson plans.