



Physical and Health Education 10

Course Code: MPHED-10

The learning standards of Physical and Health Education (PHE) 10 are designed to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy citizens throughout their lives. PHE curriculum focuses on competencies that support life-long learning—competencies that can contribute to personal lives and career aspirations.

An underlying principle of the PHE curriculum is that students must be active in creating, assessing, and applying what they learn to their daily lives. Students will participate in sport specific units, sports and aerobic exercises. Active living and physical fitness will be taught throughout the year. The focus on lifelong safety, physical activity, and health is valuable for both the individual student and for society as a whole.