

PHYSICAL EDUCATION AND WELLNESS OVERVIEW

What Is Physical Education and Wellness?

Physical education and wellness curriculum supports a strength-based focus that promotes the development of the whole individual and aims to nurture students in their pursuit of a healthy and active life. From Kindergarten to Grade 6, students are supported on their journey of achieving optimal well-being through a healthy school community that emphasizes

- movement skills development
- active living
- growth and physical development
- safety
- personal development, mental health, and well-being
- nutrition and healthy eating
- healthy relationships

Why Is Physical Education and Wellness Important?

Physical education improves the quality of life for individuals, families, and communities. As students become physically literate, they develop the motivation, confidence, physical competence, and knowledge to value and take responsibility for engaging in a wide range of physical activities for life. Within various indoor, outdoor, and alternative environments, students experience meaningful learning opportunities as they engage in

- rhythmic, gymnastic, and expressive activities
- individual and group activities
- challenge and adventure activities
- cultural activities
- games

Wellness education promotes the vitality of individuals and communities and provides students with opportunities to learn about various aspects of health and well-being, and make informed decisions. As students grow and develop, they access, comprehend, evaluate, communicate, and apply health and wellness-related information as a means of promoting, maintaining, and improving well-being in a variety of settings throughout their lifetime. Students who understand the importance of their well-being can make healthy living choices because they have developed essential knowledge and skills.