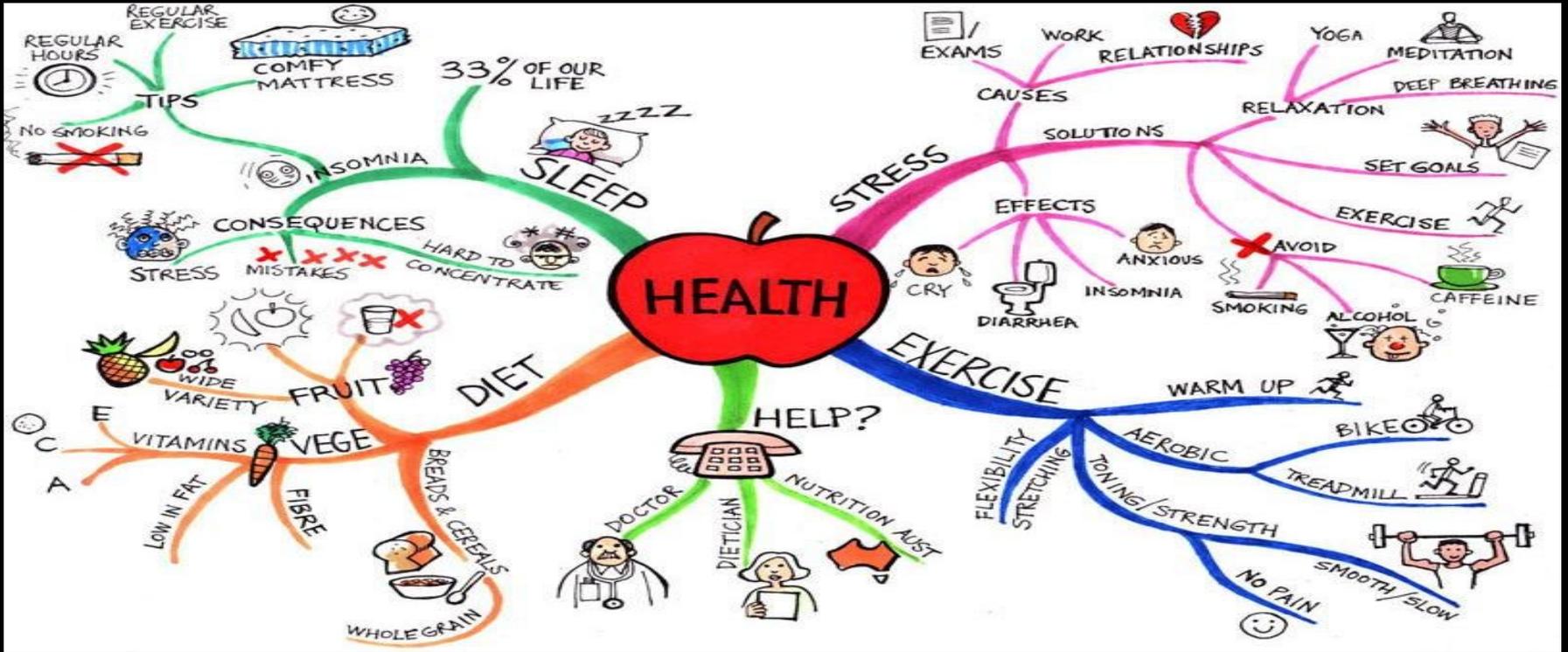
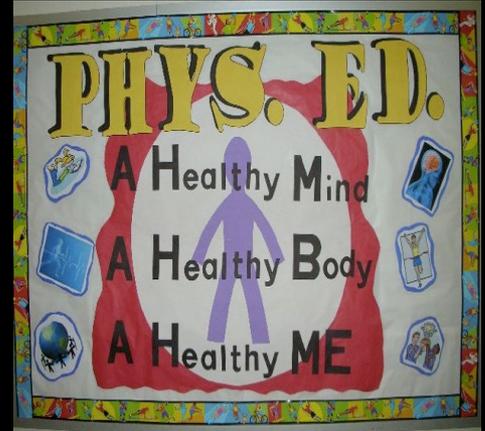


Health and Physical Education



Why is Health and Physical Education (HPE) Important?

- **Lifelong, healthy, active living:** We teach students skills and knowledge to understand healthy development and to enjoy lifelong healthy habits.
- **Living skills & positive relationships:** We teach students to develop resilience, critical thinking skills, a secure identity and sense of self, and important communication skills in order to build healthy, positive relationships
- **Movement competence:** We teach students skills to participate in a wide range of physical activities, and how to develop their personal fitness so they may stay active and healthy



Source: The Ontario Curriculum: Grades 9-12: Health and Physical Education, 2015 - revised

Why is Health and Physical Education (HPE) Important?

According to the National Centre for Biotechnology Information, physical activity and higher aerobic fitness positively influence:

- attention and memory
- cognitive performance and brain health
- performance in mathematics and reading



Canadian Society for Exercise Physiology says:

For health benefits, youth aged 12-17 years should accumulate at least 60 minutes of moderate - to vigorous -intensity physical activity daily.



This should include:

- ★ Vigorous-intensity activities at least 3 days per week.
- ★ Activities that strengthen muscle and bone at least 3 days per week.

Phys. Ed. Courses

Gr.9

Healthy Active Living Education (Core sports)

PPL1OF/M (Female or Male)
PPL1OV/G (Female French)
PPL1OP/Q (Male French)

Fitness & Strength Training

PAF1O1 (Co-Ed Fitness)
PAF1OF (Female Fitness)
PAF1OM (Male Fitness)

Gr.10

Healthy Active Living Education (Core sports)

PPL2OF/M (Female or Male)
PPL2OV/G (Female French)
PPL2OP/Q (Male French)

Fitness & Strength Training

PAF2O1 (Co-Ed)
PAF2OF (Female)

Gr.11

Healthy Active Living Education (Core sports)

PPL3OF/M (Female or Male)
PPL3OV/G (Female French)
PPL3OP/Q (Male French)

Fitness & Strength Training

PAF3O1 (Co-Ed)
PAF3OF (Female)
PAF3O4/5 (CoEd French)

Outdoor Education & Environmental Leadership

IDC3O1

Gr.12

Healthy Active Living Education (Core sports)

PPL4OF/M (Female or Male)
PPL4OV/G (Female French)
PPL4OP/Q (Male French)

Fitness & Strength Training

PAF4O1 (Co-Ed)
PAF4OF (Female)
PAF4O4/5 (Co-Ed French)

Post -Secondary Prep

PSK4U1 (Kinesiology)

Recreation & Fitness Leadership

PLF4M1 (Co-Ed)

HPE Department Staff

- Ms. Cooper (ACL)
- Ms. Yeung (ACL)
- Ms. Chan
- Mr. Chau
- Ms. Cho
- Mr. Petric
- Mr. Sigalas
- Mr. Trifon



Agincourt Athletic Council

Please click on the link below to watch a 3 minute [video](#) (made by our students!), highlighting ACI's sports teams, clubs, intramurals, special events, Athletic Banquet and social media sites.



Department Initiatives

- Bike Education Program
- Standard First Aid + CPR/B
- Cross-Country Skiing
- Outdoor Education



Department Initiatives

- Indoor Rock Climbing
- Health & Wellness Workshops (ie. Mindfulness workshop, MADD, Dance)
- Self-defense
- Introduction to a variety of sports/activities (ie. golf, snow shoeing)



Outdoor Education (IDC301)



Possible Career Opportunities

- Athletic Director/Sport & Fitness Coordinator/ Recreation Manager
- Physiotherapist / Chiropractor / Registered Massage Therapist
- Personal Trainer
- Athletic Therapist
- Doctor/Pharmacist
- Teacher/Professor (Primary/Secondary/College/University)
- Child and Youth Worker
- Educational Assistant
- Coach/ Sports Instructor/ Camp Administrator

Social Media Accounts

STAY UPDATED ON ALL
THINGS ATHLETICS



@aciathletics



Contact Mrs. Yeung
VIVIAN.YEUNG@TDSB.ON.CA

The Public Health Agency of Canada says:

Physical activity brings these Health Benefits:

- Do better at school
- Increase your concentration
- Improve your self-esteem
- Build stronger bones and muscles
- Improve your mental health
- Improve your fitness
- Improve your posture and balance
- Reduce your stress
- Have a **strong heart** which links to all of our other systems
- Helps with **healthy growth and development**

