

Physical Education & Health Information

2022-23



PE uniforms can be purchased @



Students need a PE uniform, supportive gym shoes & roll on deodorant for PE.

NO sprays are allowed in the locker rooms.

Students will be issued a PE locker.

The information for the combo and locker number will be IG.

PE UNITS

Football
Soccer
Group Games
Teambuilding
Fitness Testing
Tchoukball
Speedaway
XC Skiing

Bowling
Fitness Center
Pickleball
Badminton
Hockey
Track
Nitroball
Kickball

Health Units

Time: 6 weeks of Health Class

Unit: The Health Triangle

Physical
Mental
Social

Any questions please contact:
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