ST. PAUL PHYSICAL EDUCATION

Physical Education Courses at St. Paul:

Grade 9	PPL 1O		
Grade 10	PPL 2O		
Grade 11	PPL 3O	PAF 3O	PPZ 3O
Grade 12	PPL 4O	PSK 4U	PLF4M

The curriculum is designed to give students the **knowledge, skills, and understandings** needed to make healthy, safe choices — at home, at school, and in their communities.

It aims to help students develop **healthy, active-living habits** that support physical and mental well-being for life.

Through PE/HPE (Health and Physical Education), students also build **social and emotional competencies**: understanding themselves and others, forming and maintaining healthy relationships, making informed decisions, being safe physically and emotionally.

The curriculum fosters values like **fair play, respect, equity, respect for diversity**, and supports personal development (e.g. responsibility, self-awareness) that carry into broader life.

All courses (HALE, focus, destination) are built around certain “strands” (themes) — but the emphasis and depth vary depending on grade and course type.

These strands include:

- **Movement competence & physical fitness** — developing skills, strategies, and knowledge to participate confidently and competently in a variety of physical activities (sports, individual fitness, games, etc.).
- **Active living** — encouraging regular physical activity, understanding benefits for long-term health and well-being, building habits for lifelong active living.
- **Healthy living / health knowledge** — includes learning about physical health, mental health, healthy relationships, sexuality/sexual health (where provided), substance use and abuse, nutrition, overall wellness.
- **Living skills / life management** — making informed decisions, critical thinking about health-related issues, managing relationships, understanding the impact of lifestyle choices, safety (physical & emotional), respect, social responsibility.

In destination courses (Grades 11–12), there is more opportunity to deepen knowledge — e.g. more academic understanding of the human body, health science, leadership in recreation/fitness, possibly preparing for post-secondary studies in kinesiology or related fields.

By teaching a mix of **physical activity, health knowledge, lifestyle decisions, and social-emotional learning**, the PE curriculum in Ontario aims to help students:

- Develop lifelong habits of **physical activity and healthy living**
- Understand and manage **their health, relationships, mental well-being, and safety**
- Build **movement competence and physical literacy** so they feel confident engaging in many kinds of physical activity — sports, fitness, recreation — now and later in life
- Make **informed choices** (e.g. around health, relationships, substances, lifestyle) based on knowledge and self-awareness
- Develop **social responsibility, respect, fairness, and inclusion** — important personal and civic qualities