



Physical Education 2025-2026

Physical literacy is a lifelong pathway in which our students develop the knowledge, skills, and attitudes they need to enable them to participate in a wide variety of physical activities.

Physically literate individuals consistently develop the motivation and ability to understand, communicate, apply, and analyze different forms of movement. They are able to demonstrate a variety of movements confidently, competently, creatively, and strategically across a wide range of health-related physical activities. These skills enable individuals to make healthy, active choices that are both beneficial to and respectful of their whole self, others, and their environment. (PHE Canada, 2018)

Once again, I am very excited to be your child's physical education teacher! As always, it is my intention to provide a positive experience that will help lead your child to choose a physically active lifestyle as they continue their education and move through life.

Students will be encouraged to be active listeners as this will lead to more activity, learning, and fun. They will be challenged to participate, always try their best, and to play fairly. All students are encouraged to dress for activity and to wear indoor sneakers for safety.

Students will have the opportunity to work with partners, in groups, and on teams. All students will have time to work on a variety of physical skills designed to help them develop the confidence to use these skills as part of an active lifestyle.

I am looking forward to a great year promoting fun and physical activity! Should you have any questions or concerns regarding your child's experience in physical education, please do not hesitate to contact me

Sincerely, Ben Hill

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