**Reminder**

**Proper gym clothes and sneakers are essential for Physical Education classes.**

**Physical Education Term 1:**

* **Active movements**
* **Fitness Testing**
* **Soccer skills, strategies and various related activities/games**
* **Volleyball skills, strategies and various related activities/games**
* **Various co-operative games and activities**

**Personal Wellness Term 1:**

* **Personal health habits and their impact on domains of wellness**
* **Describe Factors that influence food, substance and screen time use/misuse**
* **Describe how decision-making impacts personal wellness**
* **Describe strategies to maintain positive mental health**

**Physical Education & Personal Wellness TEAM**

**Mr. Richard Thibault**

**Mrs. Kelly MacDonald**

**Mr. Aubrey Ellis**

**Ms. Michaela Allen**