

Physical Education & Health Information

2024-25

PE Uniforms can be purchased by using the QR code below:



Students need a PE Uniform, supportive gym shoes & roll on or stick deodorant for PE.

NO sprays are allowed in the locker rooms.

Students will be issued a PE Locker.

Your PE Locker # and combination will be posted on IC.

PE UNITS

Football	Bowling
Soccer	Fitness
Group Games	Center
Teambuilding	Pickleball
Fitness Testing	Badminton
Tchoukball	Hockey
Speedaway	Track
XC Skiing	Nitroball
Snowshoeing	Kickball

6th Grade Health

30 Days of Health Class
Unit: The Health Triangle
Physical
Mental
Social

Any questions please contact:
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