



Physical and Health Education Course Introduction

Per the International Baccalaureate and Willows Preparatory School's (WPS) mission, Physical and Health Education aims for students to:

- Use inquiry to explore Physical and Health Education concepts
- Participate effectively in a variety of contexts
- Understand the value of physical activity
- Achieve and maintain a healthy lifestyle
- Collaborate and communicate effectively
- Build positive relationships and demonstrate social responsibility
- Reflect on their learning experiences

Physical and Health Education empower students to understand and appreciate the value of being physically active and develop the motivation for making healthy life choices. To this end, Physical and Health Education courses foster the development of knowledge, skills, and attitudes that will contribute to a student's balanced and healthy lifestyle. Through opportunities for active learning, courses in Physical and Health Education embody and promote the holistic nature of well-being. Students engaged in Physical and Health Education will explore a variety of concepts that help foster an awareness of physical development and health perspectives, empowering them to make informed decisions and promoting positive social interaction.