
PHYSICAL AND HEALTH EDUCATION

Physical and Health Education K-9 and Physical and Health Education 10 are a mandatory part of the educational program offered to all students.

Students must complete and demonstrate their knowledge of the curricular competencies in Physical and Health Education K-9, Physical Education 10, and Planning 10. .

However, students, with their parents' consent and in consultation with their school, may choose not to participate in classes when topics they consider sensitive are being discussed and instead, may address the topics in an agreed upon alternative manner.

This option is only available for provincial curricula that include topics related to reproduction and sexuality as outlined in the Physical and Health Education K-9 and Physical and Health Education 10 curricula.