

PHYSICAL EDUCATION & HEALTH PROGRAMMES



*The greatest wealth
is health - Virgil*



We all know that it is important to have a healthy lifestyle and good eating habits. Consequently, the Quebec government promotes daily physical activity for all children and adults. Research has shown that not only does learning improve, but so will productivity and longevity.

The physical education programme at East Hill is taught in French by physical education specialists and is offered to students from Kindergarten to Cycle 3. Presently, students in kindergarten have 90 minutes of physical education per week. Cycles 1, 2 and 3 have 120 minutes of physical education per week. The children develop competence and confidence as they learn basic motor skills. The children work on body awareness, space awareness, effort qualities, relationships (working with other students with different capacities), locomotion skills and manipulative skills. The students also learn about the importance of sportsmanship. It is not important to always be number one but rather, it is important to perform to the best of one's abilities.

The students are encouraged to do their best and overcome any fears they may have, therefore allowing each student the opportunity to feel pride and success. It is our belief that this approach to physical education will enable each child to remain physically active outside of the school setting with family and friends.

A great variety of sports is offered to the East Hill students. The different activities range from aerobics, folk dancing, basketball, volleyball, badminton, free dance, handball and simple games. Students also participate in G.M.A.A. play days throughout the year. Also offered to Cycle 2 and 3 students by the physical education specialists are activities during the lunch hour.

Our Physical Education & Health Specialists



Céline Tardif



Mélanie St-Pierre