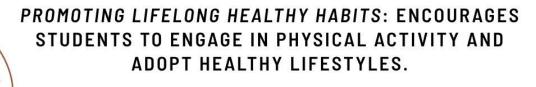


CHS PDHPE

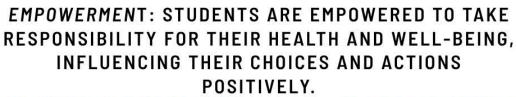
IMPORTANCE OF PDHPE:

HEALTH EDUCATION: PDHPE EQUIPS STUDENTS WITH THE KNOWLEDGE AND SKILLS NECESSARY FOR MAKING INFORMED DECISIONS ABOUT THEIR HEALTH AND WELLBEING.



SOCIAL SKILLS DEVELOPMENT: FOSTERS TEAMWORK, COMMUNICATION, AND LEADERSHIP SKILLS THROUGH GROUP ACTIVITIES AND SPORTS.

MENTAL HEALTH AWARENESS: EMPHASISES THE IMPORTANCE OF MENTAL HEALTH, RESILIENCE, AND COPING STRATEGIES TO HELP STUDENTS NAVIGATE CHALLENGES.



KEY CONCEPTS

HEALTH & NUTRITION
PHYSICAL ACTIVITY
PERSONAL DEVELOPMENT
SAFETY AND RISK
RELATIONSHIPS

FOR MORE
INFORMATION ASK THE
PDHPE STAFF

ACTIVITIES

SOCCER
BASKETBALL
VOLLEYBALL
TOUCH FOOTBALL
DANCE
and more!