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PDHPE

IMPORTANCE OF PDHPE:

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



PROMOTING LIFELONG HEALTHY HABITS: ENCOURAGES STUDENTS TO ENGAGE IN PHYSICAL ACTIVITY AND ADOPT HEALTHY LIFESTYLES.

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.

EMPOWERMENT: STUDENTS ARE EMPOWERED TO TAKE RESPONSIBILITY FOR THEIR HEALTH AND WELL-BEING, INFLUENCING THEIR CHOICES AND ACTIONS POSITIVELY.



KEY CONCEPTS

HEALTH & NUTRITION
PHYSICAL ACTIVITY
PERSONAL DEVELOPMENT
SAFETY AND RISK
RELATIONSHIPS

ACTIVITIES

SOCCER
BASKETBALL
VOLLEYBALL
TOUCH FOOTBALL
DANCE
and more!

FOR MORE
INFORMATION ASK THE
PDHPE STAFF