



Physical Education

Alberta's physical education program contributes to the development of life skills for managing personal health and life challenges. The program provides a setting within which to practise teamwork and provides an equitable opportunity for all students to realize the benefits of participation in physical activity.

Physical Education 10

I want to have fun, learn skills, and be healthy. Your teen will enjoy and improve in a variety of activities in the school environment and in the community. They will experience better health and well-being, play cooperatively, and embrace activity as part of an active, healthy lifestyle.

Physical Education 20

I'm challenging myself to develop an active, healthy lifestyle. Students will enjoy and improve their skills in a wide variety of activities in the school environment and within the community. They will experience better health and well-being, play cooperatively, and embrace activity as a lifestyle choice.

Physical Education 30

I'm challenging myself to develop an active, healthy lifestyle. Students will enjoy and improve their skills in a wide variety of activities in the school environment and within the community. They will experience better health and well-being, play cooperatively, and embrace activity as a lifestyle choice.

How Your Teen Is Assessed

Your teen's learning is assessed using a variety of tools and strategies within the classroom. Ask your teen's teacher what methods they are using. The different assessment methods tell you and your teen's teacher about your teen's strengths, areas in which your teen requires support, and how well your teen is doing throughout the course. Your teen's teacher can then change or refine their teaching plans

to ensure that learning activities better meet the needs of your teen. At the end of the course, your teen is assessed and their achievement is reported so that you know if they have achieved the expected learning outcomes for their grade.

At the end of certain 30-level courses, your teen will write a diploma exam. These exams determine if students across the province are learning what they are expected to learn. For more information on diploma exams, visit [Diploma exams – Overview](#).

Resources to Help Your Teen

A variety of digital and print resources developed by publishers, Alberta Education, or Alberta teachers are available to help students learn. Teachers may select and bring into the classroom numerous innovative and creative resources to create rich learning experiences for your teen. Visit [LearnAlberta.ca](https://learnalberta.ca) to learn more about the resources your teen may encounter.

Where can I get more information?

Learn more about your child's education by visiting <https://curriculum.learnalberta.ca/parents/>.