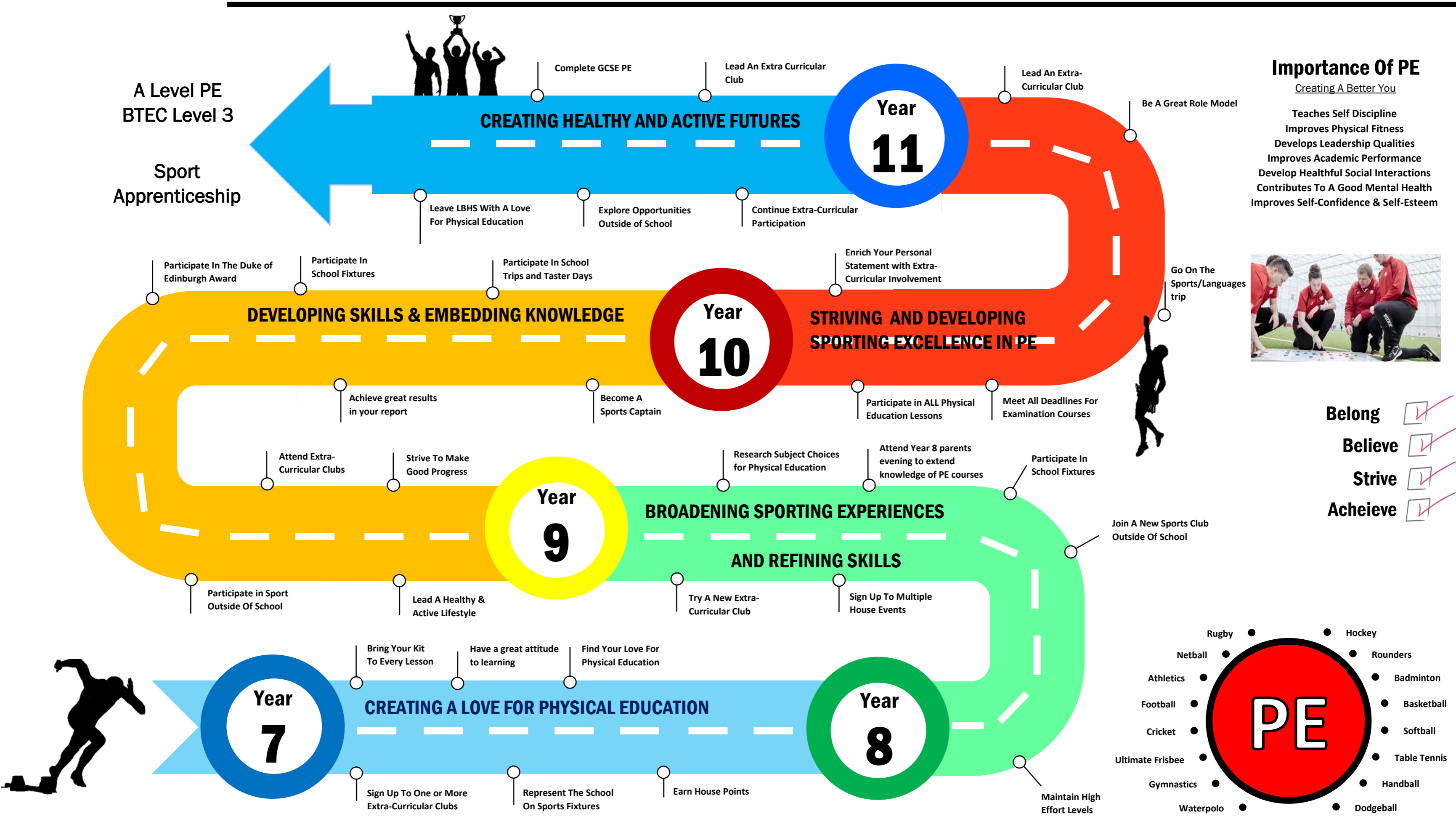


# Les Beaucamps High School Physical Education Journey

Striving For A Healthy, Active And Successful Future



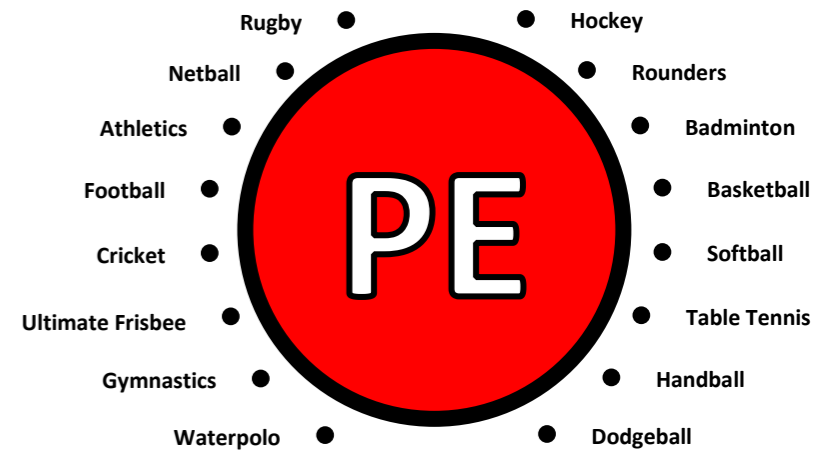
## Importance Of PE

Creating A Better You

- Teaches Self Discipline
- Improves Physical Fitness
- Develops Leadership Qualities
- Improves Academic Performance
- Develop Healthful Social Interactions
- Contributes To A Good Mental Health
- Improves Self-Confidence & Self-Esteem



- Belong
- Believe
- Strive
- Achieve



Your Physical Education Journey starts here ...