

Interscholastics

LEILA NORTH LIONS

Leila offers numerous opportunities for extracurricular activities, within the school division and community.

- ~X-Country
- ~Volleyball
- ~Basketball
- ~Badminton
- ~Indoor Track
- ~Outdoor Track
- ~Manitoba Marathon
- ~Softball
- Flag Football
- Ultimate Frisbee



Leadership

Our Phys. Ed. Leadership students actively help out in the gym during classes, noon hours, before & after school programs. Some of the P.E.L duties include tournament planning, scorekeeping/refeing ,equipment organization and helping with Phys. Ed initiatives . P.E.L. students need to be willing to work with others and display positive leadership skills.



École Leila North Community School

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Physical Education



**Ecole Leila North
Community School**

Physical Education

We have a Quality Physical Education Program. This allows students to be involved in physical activity every day, either during the day or in extra curricular ways. Students receive 4-40 min. periods of P.E. per cycle taught by a Phys. Ed. Specialist.



The Phys. Ed. Program is committed to providing opportunities for all students to develop the skills, attitudes & knowledge needed to participate in an active healthy lifestyle.



Intramurals

During lunch time we offer a variety of noon hour activities. In the mezzanine we have a 48 foot bouldering climbing wall.



Some other noon hour activities that are offered:

- ~indoor Soccer
- ~dodgeball
- ~basketball
- ~football
- ~floor hockey
- ~volleyball
- ~team handball
- ~ultimate frisbee
- fitness room activities

Fitness Room



Our fitness room is open in the morning before school, during the lunch hour and is used for physical education classes. We have treadmills, exercise bikes, weights, training machines and more. The room has full length mirrors and can also be used for aerobics.

