Physical Education at Burke

Middle School
The primary goals of our Middle School Physical Education program are for every student to learn, to contribute, and to have fun, while feeling physically and emotionally safe. Our P.E. classes refine motor skills, develop game strategies and foster student cooperation and teamwork. Drills are designed to improve skill, strength, fitness, and general comprehension of game concepts and strategies. Other areas of focus are social and emotional skills, teamwork, communication, and leadership taught through various team building activities. Students participate in a variety of sports including soccer, volleyball, basketball, handball, badminton, and floor hockey, as well as games such as Frisbee, capture the flag, and other cooperative activities. We group them into teams and compete against each other in a low-key atmosphere. The games are officiated and are designed to promote healthy competition in an environment conducive to learning. The sixth grade students have the opportunity to meet every day throughout the seven-day cycle. The seventh and eight grade students meet three to four days within each seven-day cycle.

High School
Our High School Physical Education program teaches students the principles of fitness and guides them toward making healthy choices in their lives. The goals of our physical education courses are to

- Increase individual levels of physical fitness
- Enhance self-esteem
- Provide exposure to the idea of lifetime physical fitness
- Promote cognitive and social development

We work on team-building, problem-solving skills, self-confidence, and group cooperation. Students acquire the skills, knowledge, and positive attitude necessary to assess and improve their health. They learn about the mind/body relationship and how to train the cardiovascular and musculoskeletal system. We discuss how to design personal fitness programs, including stress intervention techniques and proper nutrition. Students are introduced to a wide variety of sports, games, weight training, running, psychological performance enhancement techniques, CPR and first aid training.