Physical Education

Middle School

The primary goal is for every student to learn, contribute, and have fun, while feeling physically and emotionally safe. Our Physical Education classes:

- refine motor skills
- develop game strategies
- foster student cooperation and teamwork

Drills are designed to improve skill, strength, fitness, and general comprehension of game concepts and strategies; team-building activities enhance social and emotional skills, teamwork, communication, and leadership. 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. Games are officiated and promote healthy competition in an environment conducive to learning. 6th graders meet every day; 7th and 8th graders meet 3 days within each seven-day cycle.

High School

Our High School program teaches students the principles of fitness and guides them toward making healthy choices in their lives. Our Physical Education classes:

- 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 cooperation, as students acquire the skills, knowledge, and positive attitude necessary to assess and improve their own 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 different sports, games, weight training, running, and CPR and First Aid training. For the winter trimester, we have a Pep Squad, which promotes school spirit through a combination of dance and cheer. The squad performs at games, and school events and assemblies.