

Physical Education

Our dynamic physical education program encourages our middle school students to develop a healthy and active lifestyle. Each class consists of a fitness segment which develops each child's muscular endurance, muscular strength, aerobic endurance and flexibility. The other part of class focuses on the development of sports skills used in basketball, football, volleyball, hockey, and other lifetime sports. Students are taught to exhibit Christ-likeness by demonstrating good character through their participation in the many team and individual sports and activities offered.