

PHYSICAL EDUCATION

Physical Education classes are provided for all students in Preschool through Eighth Grade. PS/PK receive two days of PE classes per week; K through 8th Grade receive PE four days per week.

Physical Education is integral not only to our curriculum but overall for a wholistic educational approach. Our program is dynamic and exciting; developmentally appropriate and has very positive benefits related to cognition.

In PS and PK research shows a strong correlation with fundamental motor skills and verbal, memory, quantitative reasoning, and perceptual awareness. With our experience of Early Childhood and PE classes, the research has proven to be very true. The students have excelled in their development.