



OUR PHILOSOPHY

The purpose of our physical education program is to provide each student with the necessary skill for pursuing and sustaining a healthy, active lifestyle. We teach a diverse curriculum, placing a strong emphasis on individual and dual activities. Grades 7 and 8 are involved in our Team Building Program, whose goals are to foster cooperation and self-confidence, improve communication, and encourage positive risk-taking. The Albright climbing wall, high ropes course, and bouldering wall are all tools used in the Team Building curriculum.