

Physical Education

Curriculum Overview

The teaching of health and physical education goes well beyond the learning and playing of games. Education of the total person includes the education that supports a lifestyle that cares for and appreciates the workings of the human body. Students learn to appreciate and understand their bodies and that a healthy body requires exercise and care.

Students need to understand how nutrition impacts health. When these concepts are understood, students will make life-long decisions on how to care for their bodies in the different stages of life.

The Diocese of Colorado Springs School's Wellness Policies on Physical Activity and Nutrition states that our school environment should promote and protect the individual child's health, well-being and ability to learn by supporting healthy eating and physical activity.

Education in health and physical education supports moral decision-making and a healthy life.

Students at St. Peter Catholic School participate in health instruction and physical education twice a week for 45 minutes. Basic concepts are taught for a variety of activities and encouraging teamwork and sportsmanship is essential in our school environment.