**Program Overview**

* Physical Education is a fun-filled program that promotes physical literacy through a variety of movement activities. The emphasis of the program is to promote sportsmanship, cooperation and fair play through movement. Children attend four thirty-minute classes a cycle. They also participate in Skating for a 5 week period (Grades K-2) and were involved in 8 sessions of Swimming lessons (Grades 3-6). We also participate in a school wide Healthy Commotion Day which will take place in the winter or early spring, along with a number of school-wide walks.
* Students take part in the Eastern School initiative in which they perform cross-curricular physical activities in the classroom.
* A large number of students participated in cross-country running and the Hershy track and field events in the spring of the year.
* Lunch time intramural activities are also offered to all students from Grades 1 - 6. These activities are under the supervision and organization of our Physical Education teachers. The activities played vary throughout the year. They rotate through various lunch time sessions in order to get the opportunity to participate in extra physical activity during the school day.
* After school sports are offered to grade five and six students 3 days per week providing an opportunity for students to participate in a variety of non-competitive sports and physical activities. All activities are teacher supervised and free of charge. Sessions are from 3:15 to 4:15 and all students **Must** be picked up at 4:15.
* At the end of the year, we also enter a baseball team in a tournament sponsored by the RNC. Players consist of grade 5 and 6 students.