A Comprehensive Physical Education Program

- Ball Handling
  - Group Membership
  - Reflection & Planning
- Athletics
  - Challenge
- Aquatics
  - Personal & Social Development
  - Creative Expression
- Gymnastics
  - Fitness for Life
- Sport Skills
  - Strategic Thinking
- Sport
  - Communication
- Extra Curricular Sport
- Basic Movement
  - Success & Enjoyment
  - Respect for Self & Others
- Outdoor Education
  - Lifetime Leisure Options
- Games
  - Access & Equity
- Dance
  - Skill Attainment
  - Friendship
- Fundamental Motor Skills and Fitness Education are taught within each component of the Physical and Sport Education program.