

# PHYSICAL EDUCATION

At St. Mary's Academy, Physical Education is a compulsory course from grades 7 to 12. The objectives in the grades 7 to 10 program include being exposed to an extensive array of activities with an abundance of opportunities for all students to be successful and be accountable for their actions. The program is designed to allow for student voice and for students to develop an interest in and appreciation of the need for lifelong physical activity and recreation. Health is a component of the Physical Education program. The grades 11 and 12 programs have a specific focus on the promotion of healthy decision making, involvement of community, sustainability and cooperative and low competitive-type learning activities. Learning how to be healthy and have fun is what Physical Education classes teach.

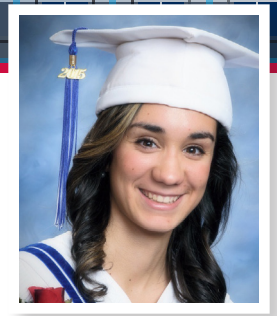


*"Physical education class was something I always looked forward to during my time at St. Mary's. Our physical education teachers always managed to make class fun, engaging and different! It was always extra enjoyable when we got to spend time outside going for walks or skiing. Without taking the beep test in grades 7 and 8, along with the encouragement of my teacher, I don't think I would have joined the track and cross-country teams. Overall, the physical education program was a highlight of my time at St. Mary's and had a positive impact on me and my active lifestyle."*

– Lily Francis '21

*"St. Mary's Physical Education program develops the foundation for living a healthy active lifestyle. It embodies inclusiveness and physical literacy. It also encourages athletes to push themselves. It is a well-developed program that sets you up for life."*

– Belinda Guerra '15



Top: Flames Varsity Cross Country Team  
Bottom: Flames Varsity Volleyball Team

