

SETON CATHOLIC CENTRAL PHYSICAL WELLNESS POLICY

Seton Catholic Central is committed to providing a school environment that promotes and protects student health, well-being and the ability to learn by supporting physical activity.

All students will be given the opportunities, support and encouragement to be physically active on a regular basis.

Seton Catholic Central will provide physical education to foster lifelong habits of healthy physical activity.

We will promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g. yoga, fitness walking and step aerobics).

The performance of physical activity shall not be used as a form of discipline or punishment.

PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

Physical Education 7-12

1. All students will receive physical education that meets the NYS Department of Education mandates and aligns to the NYS Standards.
2. All physical education will be taught by a certified physical education teacher.
3. Seton Catholic Central will offer extracurricular activity programs that meet the needs, interests, and abilities of all students (e.g. open gym).
4. Physical Education and the Health Curriculum also include an extensive unit on Nutrition beginning in 7th Grade.