

PhyEd & ATHLETICS

Cathedral School

Mrs. Darcy Moen

The definition of Physical Education is:

Instruction in physical exercise and games, especially in schools.

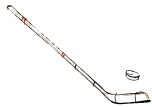
In the elementary classes we work on fitness while having fun playing games. These games help the students learn about teamwork while improving their motor skills.

We continue working on these skills in the middle school, expanding the skill level.

Elementary classes have Physical Education twice a week for 30 minutes. Middle school has physical education twice a week and Health Class once a week.



Over the course of the years students will participate in variety of activities: catching, throwing, scooters, jump rope, hula hoops, races, basketball, soccer, volleyball, floor hockey, badminton, and so much more!



4th thru 8th Grades get the opportunity to go cross country skiing in Billings Park in the month of February.

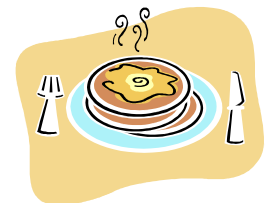


Track-O-Rama has all the area 5th Grades join together at UWS for a fun filled event



Special Events For PhyEd & Athletics

- Pancake Breakfast
- Track-O-Rama
- Cross Country Skiing
- Basketball League
- Volleyball League



During Catholic Schools Week, we hold a pancake breakfast to raise money for the Athletics Department. This had allowed us to purchase new gym mats, retractable basketball hoops, etc.