

Physical Activities Action Plan

Required Classes

1. All K-5 grades- Physical Education class two sessions per week- thirty minutes per session.
2. Grade 6 students- Physical Education class three sessions per week- forty minutes each session.
3. Grade 7, 8 students- Physical Education class three sessions per week- forty minutes each session.

Elective Activities

1. Grade 3 and 4 intramurals- three different activities throughout the school year-4 sessions each-one hour and a half per session
2. Active recess grades K-5 - 20 minutes per day
3. Running Club grades 2-6
4. Swim Team- grades K-8
5. Downhill Ski Trip -grades 6-8
6. Bowling Field Trip - grades K-5
7. Track and Field Day- grades K-8
8. 4 extracurricular team sports through the Catholic Athletic Association available for grades 5-8.
9. Access to all extra curricular activities offered through South St. Paul Public Schools for grades 7 and 8; and sports camps for all ages.
10. Multiple youth sports activities offered through South St. Paul Parks and Recreation.
11. Frisbee Golf Trip - grades 5-8 (tentative)