

## **PHYSICAL EDUCATION AND ATHLETICS**

We have a comprehensive P.E. program at LFES. The P.E. curriculum covers a wide range of movement skills and team sports. Fitness development is also a major aspect of the program. Opportunities for physical activity are plentiful and include access to three adventure playgrounds, organized play times and areas throughout the playground at recess and lunch. Additionally, a system of intramural games is organized to provide further opportunities for activity among our intermediate students.

We are also providing for daily classroom based exercise by making use of a DVD movement series. A part of this program includes our Kilometre Club.

The Cross Country Running Club is also a popular program with our older students.

We appreciate help from parents to supply appropriate P.E. clothing for P.E. classes.