

Welcome to **PENINSULA PE!**



At Peninsula, our physical education program focuses on providing students with a variety of opportunities to improve both their physical and mental health. Our goal is to give our students the physical skills to partake in exercise, while educating them on why it is important to engage in lifelong fitness.

Various activities we do to achieve our goal:

- Cardiovascular and muscular fitness circuit training and warm ups.
- California State Fitness Testing & Standards
- Personal reflection and goal setting
- “Free Gym Membership” where students are given access to our Fitness Center to work on their personalized fitness goals.
- Team Building
- Individual & Team Sports (Frisbee Golf, Bowling, Basketball, Volleyball...etc.)
- #FITwithFAM - Students and staff participate in creating a visual board of pictures of them partaking in physical activity outside of the school. This helps to promote a sense of community and work toward our goal of lifelong fitness.
- Curriculum Days- Educate our students on the fitness principles (body composition, muscular fitness, cardiovascular health, and flexibility)

****With the SMUHSD, students are required to take 2 years of physical education.**