

# HOLY CROSS PHYSICAL EDUCATION 2021-2022

## PHYSICAL EDUCATION

Physical Education classes are not co-ed. Boys and Girls take gym separately.

Physical Education for freshmen and sophomores strives to build physical fitness and develop body movement skills through vigorous and varied motor activities. The program for both boys and girls includes basic instruction in physical fitness training, weight training, and flexibility stretching. To promote sportsmanship, instruction and league competition will be provided in various team sports such as team handball, indoor soccer, volleyball, basketball, and softball for boys, while girl activities include indoor soccer, yoga, volleyball and Zumba. Freshmen have Physical Education scheduled twice each school cycle.

Physical Education for sophomores, juniors and seniors continues to build physical fitness, develop body movement skills, and promote sportsmanship through instruction and league competition in various team sports such as team handball, indoor soccer, volleyball, basketball, and softball. Sophomores, juniors and seniors have Physical Education scheduled once each school cycle.

## HEALTH

Health is a one-half credit semester course designed to provide knowledge of health principles in the areas of mental health, drug education, nutrition, physical fitness, basic first aid, human sexuality, and general wellness. Health is a required course in sophomore year. Health classes are not co-ed. Boys and girls take Health separately.

## AFTER-SCHOOL WEIGHT ROOM PROGRAM

From late September until the end of the school year, students can use the Weight Room (Hammer Strength Machines) under faculty supervision. The weight room is open from 2:30 to 3:30 pm. on Mondays and Wednesdays for girls and Tuesdays and Thursdays for boys. Freshmen receive weight training instruction in P.E. class, and can use the weight room after school starting in January.

## PHYSICAL EDUCATION STAFF



Mr. Thomas Marchesini, Mr. Stanley Aufieri, Ms. Cristina Guiseppone, Mrs. Meghan Marone