

Wellness Transfer Skills

Critical Thinking

Students will value regular physical activity, develop the critical thinking, decision-making, and motivation needed to maintain a healthy lifestyle, and apply these skills beyond school and life.

Communication

Students will develop communication and conflict resolution skills through team sports, practicing active listening, clear expression, and positive management of disagreements, with applications in sports and life.

Collaboration and Teamwork

Students will demonstrate teamwork, collaboration, and cooperation through team sports and group activities, applying these skills in real-life situations.

Perseverance

Students will apply safety principles and practices to minimize the risk of injury in various settings, both inside and outside school.

Social and Emotional Learning

Students will respect diversity in gender, ability, and cultural backgrounds through an inclusive lens that promotes fairness, empathy, and understanding.