

Physical Education



FAQS



Victor J. Andrew High School Physical Education Department's mission is to cultivate physically fit individuals, strengthen minds and promote positive attitudes towards lifelong wellness.

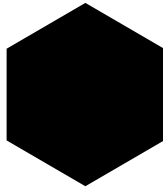


FRESHMEN YEAR PE COURSE

During students' Freshman year, they will have two semesters of physical education. Traditionally, students have the option to select this course as a zero hour class when building their schedules.



Daily classroom experiences will empower students to become responsible and respectful individuals of the community.



COURSE OBJECTIVES

Throughout Freshman PE, students will experience the following units: team sports, individual sports, racket sports, lifetime sport concepts, fitness assessment concepts, water sports, and CPR/AED certification. Their CPR/AED Certification will be completed through the American Heart Association.



Check out our **PROMO VIDEOS** to hear more about the PE program!



DAILY PE REQUIREMENTS

- Students must change for PE Daily
- Students are given a uniform (shorts and t-shirt) and VJA Lock at the beginning of year
- Additional Items for sale-Long Sleeve Shirts, Sweatpants, Swim Goggles and Caps.

WHY CHOOSE US?



We have something for everyone, including multiple Dual Credit opportunities with Moraine Valley Community College. Sophomore through Senior year of students four year high school experience, they will have tons of elective opportunities to choose from.



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