Physical Education Philosophy

Paramount to Physical Education at SAS is promoting lifelong physical activity as fundamental to social, emotional and physical well-being.

By exposing students to a wide variety of individual and collaborative physical activities, the SAS Physical Education program offers students opportunities to develop interests and set personal goals, while experiencing inherent challenge and enjoyment.

The Physical Education program also provides an authentic context for students to learn and exhibit the SAS Core Values of compassion, honesty, fairness, respect, and responsibility.

Dance Philosophy

Dance is a unique medium, for learning about yourself and the world. It is an essential component of artistic, aesthetic, and cultural education through physical non-verbal communication. Dance functions as an artistic endeavor, as social discourse, as physical exercise, and as an integral part of cultures and rituals. Dance education provides students another medium to explore, create, problem solve, and communicate. It fosters the core values of compassion, honesty, fairness, responsibility and respect. Dance education helps students develop confidence and other skills that are transferable to different disciplines and to their daily lives.