



Catholic Charities

MARIN ♦ SAN FRANCISCO ♦ SAN MATEO

# CYO PHYSICAL EDUCATION

## 2019 YEAR-END IMPACT REPORT

### ABOUT

Catholic Charities CYO Athletics Physical Education provides essential skills and knowledge that all students need to maintain a physically active and healthy lifestyle. Our goal is to develop a standard based physical education program that creates an individualized learning platform for physical, cognitive and social achievement. Our integrative learning environment incorporates a variety of fun activities, including a nutrition and gardening program, that inspire dedication to successful lifelong learning and health.

Students experience a variety of traditional sports and are also introduced to new activities with a curriculum such as yoga, martial arts, and dance. In addition, the physical education classes teach about healthy lifestyles and how the body’s muscles work. The program also includes a monthly cooking class utilizing specific curriculum-focused on USDA nutritional guidelines with a chef and nutrition assistant that introduces students to the joy and social dimensions of food preparation, dining, and education for living a healthy and productive life.

### SERVICES

- On-site physical education, nutritional cooking, and garden programming for K–8 schools
- Includes 8–32 hours of instruction per week through the school year
- Builds leadership and team skills with lifelong benefits
- Develops integrative learning within the school’s curriculum

## 1,407 YOUTH SERVED AT 8 PARTNER SCHOOLS

### IMPACT

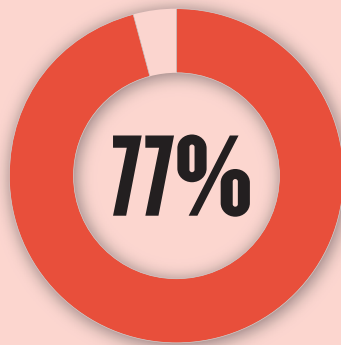
These results are based on the self-sufficiency matrix assessment tool completed for the head of household.



hours of physical education provided



hours of nutrition education provided



get along better with people who are different from them as a result of the program