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.

- 133,665 hours of physical education provided
- 9,497 hours of nutrition education provided
- 77% get along better with people who are different from them as a result of the program