WE BELIEVE

IF we provide elementary and middle school children with regular, physical and nutrition education classes

THEN children will improve their fitness levels and increase their ability to eat well and avoid obesity.

OUTPUTS

2,566 Children Served (Grades K-8)

142,120 Total PE Hours

10,098 Nutritional Class Hours

10 Partner Schools

OUTCOMES

70% of students decreased their mile run time

43% of students increased their number of push-ups

55% of students increased their number of sit-ups

These results are based on fitness tests conducted at the beginning and end of the school year.

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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 which 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.

Our Response
- Provide regular PE and nutrition classes
- Use well-researched, child-focused curriculum
- Hire and train qualified PE and nutrition teachers
- Host workshops and showcases for parents

Client Outcomes
- Improved fitness
- Improved eating habits
- Increased physical activity
- Improved resources and education available to families

Community Impact
- Healthier families
- Community-wide decrease in childhood obesity

CONTACT
Maggie Gori, Program Manager
415 988 7046
mgori@CatholicCharitiesSF.org

1728 Ocean Avenue #229
San Francisco, CA 94112
CatholicCharitiesSF.org