

Physical Education at Rocky Christian School emphasises health and fitness through daily participation in physical activities. Students are taught to value and take care of their bodies. Movement, fitness, individual, and team sports, and sportsmanship are all a part of the program. Regular Physical Education classes are held in the gym and on the sports field.

Additionally, swimming, skating, curling sessions are parts of the program offered in facilities operated by other organizations. Our grade 7, 8, and 9 students have the opportunity to participate in a hockey league for Christian schools. Noon-hour intramurals are also provided. A family Ski-Day is planned during the month of February hosted by the Rocky Christian School Society.

