

Physical Education

Jared Malo

A quality physical education program is offered and essential to students as part of the general curriculum.

- Experience- 17 years teaching in Catholic Schools
- Credentials-
 - Bachelors of Science in Education with an emphasis in physical education, recreation and dance.
 - Masters of Science in Curriculum, Assessment and Instruction.

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Mr. Malo's program utilizes lessons, videos, and assessments from SPARK (Sports, Play, and Active Recreation for Kids) curriculum. This specialized curriculum has evolved from a National Institutes of Health Study. The program uses many different skill themes and movement concepts to provide your child with a degree of competence leading to confidence that encourages them to try and enjoy a variety of activities/sports. Your child has PE twice a week and every day for middle school electives. Please have your child wear appropriate shoe attire on PE days.

Some of my goals for the students is for them to have moderate to vigorous physical activity for at least 50% of the time in my class. I strive to provide your child with a degree of competence, confidence, and enjoy physical activity on a daily basis.

My curriculum is broken down into four sections

1. Preschool & PreK I see them 1x a week
2. Kindergarten-2nd grade 2x a week
3. 3rd-5th grade 2x a week and

I am blessed to be here at St. Charles School - excited to have you all here each and every day, thank you!!

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Special Events

*Jump Rope for Heart (mid-February/March)

*Stack UP Event (Cup-stacking mid November-Date TBD)

*Field Day (end of the year)

For more information, please visit my [website](http://Jmallo@stcharlesb.org) Or contact me at Jmallo@stcharlesb.org