



THE ARETE SCHOOL

of Sport Culture and Wellness

Up On Our Feet ... Transforming Our Public SchoolsSM



Human beings are genetically programmed to be physically active, not sedentary. In fact, physical activity not only makes us healthier, it also makes us smarter and happier.



But our schools operate mainly in a sedentary (seated) manner, compromising the children's very humanity, including their health, mental ability, and emotional states.



We need to return the children's humanity to them by getting the children up on their feet and fully integrating physical activity into all aspects of their learning.

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LEARN
ABOUT



THE ARETE SCHOOL
 where physical activity
 and wellness will be the
 foundation of the curriculum

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THE ARETE SCHOOL



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