



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



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 THE ARETE SCHOOL



## THE ARETE SCHOOL

Up On Our Feet ... Returning the Children's Humanity To Them <sup>SM</sup>

Up On Our Feet ... Transforming Our Public Schools <sup>SM</sup>