



THE ARETE SCHOOL

of Sport Culture and WellnessSM

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.

CLICK HERE *to*

LEARN ABOUT

THE ARETE SCHOOL

where physical activity and wellness will be the foundation of the curriculum



CLICK HERE *for*

the OUTSTANDING RESULTS of

THE ARETE SCHOOL's two pilot projects



THE ARETE SCHOOL

Up On Our Feet ... Returning the Children's Humanity To ThemSM

Up On Our Feet ... Transforming Our Public SchoolsSM