The physical education program at ISY seeks to develop a positive attitude among students regarding life long fitness, health, cooperation and the understanding of the importance of physical well-being. In order to achieve these general objectives, a diversified instructional program is offered to include a variety of team and individual activities so that all students at ISY have access to the core PE curriculum.

This vision for physical education at ISY is underscored by ISY’s Expected Schoolwide Learner Results amplified through instruction and learning in the physical education program. The physical education related learner results are: Become global citizens who respect the dignity and worth of others; Be successful communicators who demonstrate the skills of effective collaboration; Demonstrate complex thinking and creativity by being effective decision makers and creative problem solvers; and Be lifelong learners who have the confidence to take on new challenges and who value all types of learning, including fitness and athletics.