



PHYSICAL EDUCATION & WELLNESS PROGRAM

ITHC'S Physical Education program fosters a healthy beginning ensuring students understand the importance of health and wellness at a young age. Our goal is to develop physically fit students that possess the skills, knowledge and confidence to embark on a life long journey of fitness, health and wellness. We deliver a practical holistic approach to overall preventative health & wellness through light exercising including cardio, endurance, coordination skill enhancement and team building activities.

CORE PROGRAM COMPONENTS

- SKILLFULNESS
- MOTOR SKILLS
- PHYSICAL ACTIVITY
- HEALTH & NUTRITION
- CHARACTER DEVELOPMENT
- HEALTHY SOCIAL & INTERPERSONAL SKILLS

We can design a program specifically for your schools needs.

CONTACT US | INFO@ITHC.CO



IMPACTING
tomorrow
HEALTH CENTER

"improving the quality of lives"

