

Lower School PE and Interscholastic Athletics

The Physical Education Program in the lower school is a foundational experience for all K-5 students to begin learning and developing the loco-motor and intra-personal skills that our students will build upon throughout their SDJA education. Through this foundational phase we believe that students will enjoy physical activity and learn to incorporate it in their life.

Kindergarten Through Third Grade

In all classes a warm-up and basic skill-building practice precedes playing a game. Traditional sports and non-competitive games are used throughout the year as a fun way for students to put into practice their new found skills.

Grades Four and Five

In all classes a warm-up and skill-building practice precedes playing a game. In the fourth and fifth grade, multiple movement skillsets are introduced, practiced and incorporated in athletic games like Frisbee, flag football, and volleyball. In addition to the traditional sports used to practice movement skills, non-competitive games are played to develop teamwork.

Interscholastic Sports

Fifth graders are encouraged to participate in after school athletic teams. Our fifth grade teams compete in the South Coast Middle School League (SCMSL) along with other small schools in North San Diego County. There are three seasons of sport in SCMSL:

Fall: Coed Flag Football

Winter: Boys' Basketball

Spring: Girls Basketball and Coed Tennis