

Middle School Physical Education and Interscholastic Sports

The middle school years are a time of rapid physical, mental, social and emotional growth. The Physical Education Program in the middle school builds upon the skills acquired in the lower school to support SDJA students during this time of growth. Traditional, international and non-competitive sports are utilized in conjunction with current fitness routines so students can enhance their loco-motion, fitness and intra-personal skills. The middle school program is the first time SDJA students are introduced to structured strength and conditioning activities in the fitness room.

Grades Six, Seven and Eight

The 6th, 7th and 8th grade program provides for flexibility in student participation. The academic year for 6th, 7th and 8th graders is divided into three seasons. During these three seasons, students have the option of competing in interscholastic team sports or enrolling in PE. The PE curriculum is structured around traditional sports to provide students with an introduction to team play. PE also features a fitness component where students learn and execute foundational strength and conditioning routines. This includes fitness room and field training sessions.

Interscholastic Sports

6th, 7th and 8th graders are encouraged to participate on athletic teams. Our 6th, 7th and 8th grade teams compete in the South Coast Middle School League (SCMSL) along with other small independent schools in North San Diego County. Practices are held during the Sports / PE period and all games are played after school. There are three seasons of sport in SCMSL:

Fall: Flag Football, Girls Volleyball, Cross-country

Winter: Boys' Basketball, Girls Soccer, Boys Soccer

Spring: Girls Basketball, Baseball, and Coed Tennis