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PHYSICAL EDUCATION

PHYSICAL EDUCATION CLASS

ESSENTIAL FOR OUR WELLBEING PROGRAM

Classes / Physical Education

Search...



Teacher

Sensei Humberto Brown



Download Class



Download Prospectus

Related Classes



English & Spanish
6th - 12th
Grades



Arts
6th - 12th
Grades



Music
6th - 12th
Grades

Given Programs	Method	Certified Teachers
6th – 12th Grades	Universal	1

Physical Education bases should equip students with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being. This will require them to:



See Programs by Year

Middle School

High School

Class Features

Develop Theoretical Knowledge -

Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance

Performance +

Health Improvement +

NOW AVAILABLE!

Reserve yours before run out!

- Middle School Maths-Book
- School T-Shirts
- High School English-Book

Reserve Now

Class Development Focus

Physical Education must enable students to make the connections between theory and practice so that they are able to apply their understanding of the factors that underpin physical activity and sport to improve performance.

+ Development areas

PHYSICAL EDUCATION RESOURCES

Textbooks and supplies

- Tennis/Snickers Shoes
- The Casco School Sport T-Shirt
- The Casco School Cap
- Sport Pants/Shorts
- Bottle of Water
- Towel
- Extra Change of Clothes
- Light practices at home

Connect with Us!



Download Class



Download Prospectus

TAKE THE FIRST STEP



Admissions

Schedule a Tour



THE CASCO HIGH SCHOOL

A community school with a global outlook. We provide a bilingual education rooted in scholarship, academic excellence, critical thinking, and innovation.

QUICK LINKS

- [British Education](#)
- [About Us](#)
- [Academics](#)
- [Educators](#)
- [School Fees](#)

WHY THE CASCO HIGH SCHOOL?

- ✔ First World Model Education
- ✔ No Bonus Required
- ✔ Affordable Tuition Fee
- ✔ Fully Bilingual Program
- ✔ High Academics Standards
- ✔ Great After School Programs

GET IN TOUCH

- ☎ +507 6323-6104
- ✉ cascoschool@gmail.com
- 📍 Avenida B y Calle 10 - Casco Antiguo, Panamá City
- 🕒 **Working Hours**
Week days: 7 am - 6 pm Satur
9 am - 1 pm Sundays: Closed

[English](#) [Español](#)

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