



Intramural Sports

"But there is evidence to suggest that physical activity might increase numeracy and literacy. It's like that old adage, a healthy body, a healthy mind." ~ Ross Morrison

Playing a team sport provides kids with important lessons in personal values. These experiences can influence them throughout their lives such as when it comes to working for a boss, or respecting the police or other authority figures. Kids learn that things aren't going to go their way all the time, and that they need to respect their peers. Team sports can also be good for a child's mental health. Children who play team sports learn how to be more resilient when presented with a setback, and are less likely to feel isolated. Due to the nature of the activities that are played in the PE program, the following materials are necessary for team sports and for the safety of the student.

- PE Shorts (Dennis Uniform)
- Yellow PE Shirt (Dennis Uniform)
- Blue PE Shirt (Dennis Uniform)
- KneeHighSocks (Solid White No Stripes)
- Ankle HighTopTennis Shoes
- Shin Guards
- Knee & Ankle Wraps
- Water Bottle
- Mouth Guard

