



## Berkshire Waldorf High School

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### PHYSICAL EDUCATION

Dear Parents and Students,

Like many prep schools, we have an after-school physical education requirement. All students are expected to pursue physical activity after school for at least two seasons (24 weeks total) of the school year. There are four ways this may be accomplished:

1. Join one of our teams! Soccer in the fall, Boys' or Girls' Basketball in the winter, and Tennis or Girls' Lacrosse in the spring. (And, if enough students are interested, we can create other teams—the school has had a cross-country running team in the past, for instance.) **Note: This is by far our preferred choice. Our school can only have good, strong teams if you play! We strongly encourage you to try at least one team sport this year, even if you have never played before. We have great coaches and you'll learn and grow a lot.**
2. Create a club through the school—walking/hiking, bicycling, skiing/snowboarding, or something similar.
3. Find or continue an activity you already enjoy—dance at Berkshire Pulse, swim at Simon's Rock, ride horses at a stable, train in boxing or aikido, etc. Log your attendance and hours to receive credit. Please note: We are asking you to find an activity that you pursue consistently for at least a trimester—"Walking your dog" is great but doesn't really count.
4. Join a gym or class at CrossFit Great Barrington, Berkshire South Regional Community Center, Simon's Rock Kilpatrick Athletic Center, or a similar venue. (If enough students are interested, we will try to obtain group rates.) Log your attendance and hours to receive credit.

Once the school year begins we will ask each student to submit a physical education plan for the year.

Please let me know if you have any questions about any aspect of this program.

Sincerely,

Stephen Sagarin, PhD, Faculty Chair