

PE TIME



Physical education is so important for the healthy development of children's bodies and minds. When young children engage in physical activities involving any type and combination of motor movement, they are laying down neuronal pathways to better understand the world around them. For ideas to encourage your child to be active, click [HERE](#).



Research indicates that physical activity helps brain development. Students who move through age-appropriate motor development stages, are better able to acquire math skills. For more about the types of physical activities we provide to children at Miles click [HERE](#).

