

Spark your day with Exercise

Once again, Falcon Bluffs Middle School is happy to offer our morning Spark Program for the 2019-2020 school year. Spark is our before school Physical Education program. The program is open to students in all grades and will emphasize cardiovascular activities, games, and tournaments. Physical exercise, specifically aerobic exercise, has positive effects on brain function. Even briefly exercising for 20 minutes facilitates information processing, memory functions, and increases creativity. Could there be a better way to start a day of learning for middle school students?

The class meets in the gymnasium daily from 7:00-7:50 AM on days school is in session. The cost for the program is \$75 per semester. Spark begins on September 3rd.

Registration forms will be available during our August Open House or by stopping by the main office.

If you have any additional questions, please email

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