

Immanuel Lutheran School provides regular physical education classes for all students in every grade. The purpose of physical education classes is to develop an understanding within the child that physical conditioning contributes to the well-being of the whole person. Our bodies are temples of the Holy Spirit and it is important to understand the way in which we should care for them. In addition to the regular physical education classes, Immanuel provides opportunities for the students in grades 4 through 8. to use their God-given abilities through an interscholastic sports program.

Through competition with other Lutheran schools in the West Suburban Lutheran Athletic League, we hope to foster team spirit, an attitude of Christian sportsmanship, and a feeling of fellowship with Christian student& from other schools, As the athletic programs require considerable time and effort, parents will be asked to assist. Athletes and their parents must sign the Athletic Code of Ethics. An Athletic Handbook is available for parents and students who are interested.

Seventh and Eighth Grade Level Boys' and Girls' competition includes cross country running and volleyball in the fall, basketball in the winter, and track in the spring. Girls also have the opportunity to participate in cheerleading and pom-poms while showing support for the boys' basketball team.

Fifth and Sixth Grade Level: Boys' and girls' competition includes cross country running in the fall, basketball in the winter, and track in the spring.

Fourth Grade Level: Boys and girls may participate in the fall cross country season.

[Download the athletic program handbook](#) .

Eligibility: To participate in interscholastic athletics, students must meet all of the eligibility standards that are set forth in the ILS Athletic Handbook. These standards are based on a student's academic progress and classroom conduct, and are evaluated by the teachers of that student.