

## PHYSICAL EDUCATION GOALS

- Develop the proper attitude, class preparation responsibilities, personal hygiene, and socially acceptable conduct
- Recognize the value of improving physical skills in order to perform specific activities
- Understand the physiological changes that lead to improved physical fitness
- Develop skills and interests in physical activities to the total development of the body
- Display the ability to use the body in various skillful and effective ways during participation in physical activities
- Demonstrate the proper handling and use of equipment used in the various activities
- Help the student recognize his/her physical abilities and accept limitations both in himself/herself and his/her peers with whom he/she participates
- Understand and practice the principles of safety as they relate to the individual activities, their classmates and themselves
- Understand and appreciate the outcomes of physical activities; rules, skills, muscular endurance, coordination, cardiovascular endurance, flexion, speed, agility, and power