

Health, Safety, and Physical Education Philosophy

Physical Education is that integral part of the curriculum that, through human movement, concentrates on the development of individuals' maximum physical potential and their related social, emotional, and intellectual growth.

The discipline's primary purpose is to assist the learner in developing:

- 1. Total physical fitness and lasting desire to maintain it;**
- 2. Movement abilities ranging from functional life skills to those needed for successful participation in leisure activities of their choice;**
- 3. A sense of self-worth and dignity;**
- 4. Social competencies;**
- 5. Safety awareness; and**
- 6. An appreciation and understanding of specific sports and dances, including their origins, cultural impact and aesthetic values.**

The truly physically educated student will have acquired both competencies applicable to any lifetime activities and a desire to retain the healthy feeling associated with fitness and exercise.

Vision:

All students will be physically educated, having acquired motor skills to perform a variety of physical activities, physical fitness knowledge, and intrinsic motivation to pursue a healthy and active lifestyle in an increasingly changing society.