

PROGRAM GOALS

PHYSICAL EDUCATION

1. The student has the skills and knowledge needed to plan and enjoy the benefits of personal fitness (strength, endurance, flexibility, and good condition).
2. The student values wellness for self, family, associates, and society.
3. The student knows the basic structures and functions of the human body.
4. The student values efficient and effective movement.
5. The student is able to exhibit motor skills, agility, and balance in a balance of physical activities.
6. The student values participation in physical activities throughout life.
7. The student is able to apply health and safety practices when participating in physical activities.
8. The student knows rules and is able to apply strategies in a variety of physical activities.
9. The student values the personal qualities of self-control, self-confidence, and respect for others.