

PHYSICAL EDUCATION

7-12 GENERAL LEARNING GOALS

Attitudes

The Physical Education program will help students develop a positive attitude for physical activity.

Students will:

1. Create a class atmosphere that is enjoyable, safe and comfortable.
2. Attempt to improve in each activity.
3. Acquire skill and enjoyment of culturally diverse activities while developing self-confidence and appreciation of differences.

Knowledge

The Physical Education program will help students develop an understanding and appreciation of the benefits of exercise through knowledge of a variety of sports, dance and physical activities for a lifetime of wellness.

Students will:

1. Promote an awareness of the impact of sport and physical activity on diverse cultures through discussion, review of media coverage, and attendance at events.
2. Understand the background and history of activities.
3. Understand that activities can be classified competitive/cooperative, team/individual, or dual.

Social and Emotional

The Physical Education program will assist all students in developing social, emotional and intellectual growth, which will contribute to an understanding and acceptance of diverse human values and abilities.

Students will:

1. Demonstrate a sensitivity and tolerance of differing abilities of classmates.
2. Learn to develop self-control in a classroom situation.
3. Demonstrate safe and carefully considered movement in each activity.

Health and Physical Fitness

The Physical Education program will help students acquire skills and understandings related to the importance and attainment of physical fitness and how to determine fitness needs for lifetime activity.

Students will:

1. Develop an understanding and awareness of the effect of physical activity on the human body.
2. Acquire knowledge to help attain and maintain physical fitness.

3. Relate the level of physical fitness to the quality of participation.
4. Learn how to determine (evaluate) fitness needs.
5. Be able to differentiate between health related and skill related fitness.
6. Learn the importance of warm-up and cool-down segments.
7. Learn how to monitor their heart rate and use it to check their progress for cardiovascular fitness.

Health and Physical Fitness

The Physical Education program will help students develop a basic level of skills that will enable them to participate safely and enjoyably in a variety of activities.

Students will:

1. Participate in individual and small group activities designed to promote a progression of basic motor skills to a level necessary for safe and enjoyable participation now and in later life.
2. Demonstrate skills in a performance situation.
3. Demonstrate a working knowledge of rules of activities.

Outcomes of a Quality Physical Education Program

The discipline of Physical Education addresses cognitive, affective and psychomotor development. The Physical Education program is designed to help students to:

- Develop skills and participate in physical activities.
- Achieve and maintain a health enhancing level of physical activity.
- Understand and value the benefits of regular physical activity.
- Understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
- Design and maintain a personal fitness program.
- Demonstrate strategies, teamwork, and fair play in all activities.
- Exhibit a physically active lifestyle.
- Demonstrate responsible personal and social behavior in physical activity settings.
- Treat others with respect and understand similarities and differences among people.
- Learn to resolve disagreements and reduce conflict.