

Mission Statement:

Physical Education offers students the opportunity to learn about Fitness, Health, Movement, and Nutrition.

The District's philosophy is to contribute to the development of the whole person through physical activity that integrates psychomotor, cognitive and affective learning domains.

Students will be exposed to a variety of activities that will enable them to gain knowledge of movement and skills.

Through exercise, students will develop muscular endurance and strength, increase cardiovascular endurance, and improve flexibility.

This process will enable the students to learn and value what physical fitness and good nutrition can do for them in their lives now and as they pursue lifelong Fitness and Health as adults.