

Course Description

Physical Education:

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. These activities include and are not limited to the following: game concepts, team sports, swimming, and life-long appreciation for physical fitness. Students will gain an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. While students are regularly participating in physical activity, they will achieve and maintain a health enhancing level of physical fitness as well as exhibit responsible personal and social behavior that respects self and others in the physical activity setting. Most importantly students will learn the values of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.