**Physical Education Philosophy**

We believe that Physical Education is an important part of the total educational program. The Physical Education program will provide students with physical activity opportunities in the following activities volleyball, progressive swimming, football, soccer, speedball, fitness, softball, elementary games, pickleball, water games, floor hockey, bowling, and rollerskating. Physical Education is an important part of a student’s comprehensive, well-rounded education program and a means of positively impacting life-long health and well-being. Physical Education will also instill students with the knowledge, skills, and values to make appropriate physical activity choices to integrate exercise into their daily lives.

Our Physical Education program has the unique opportunity to develop health-related physical fitness and life-time activities that promote physical competence, cognitive understanding, and attitudes about physical activity so all students can develop healthy active lifestyles. High quality Physical Education enhances the physical, mental/emotional, and social development of every student and incorporates fitness education and assessment to help the students understand and improve their physical well-being. In addition, the Physical Education program plays an essential role in reversing the growing epidemic of childhood obesity.

Quality Physical Education programs provide learning experiences for children that meet the development needs of students which helps improve their mental alertness, academic performance, mood, readiness to learn and enthusiasm for learning.