



Physical Education Learning Objectives

Physical education prepares children to be physically and mentally active, fit and healthy...for life. Here are some of the many benefits children receive from a quality PE program:

- Improved physical fitness
- Skill and motor skills development
- Provides regular, healthful physical activity
- Teaches self discipline
- Facilitates development of student responsibility for health and fitness
- Influence moral development, leadership, cooperate with others
- Stress reduction – an outlet for releasing tension and anxiety
- Strengthened peer relationships
- Physical education can improve self-confidence and self-esteem
- Respect - PE helps you respect your body, classmates and teammates
- Experience in setting goals
- Improved academics

Physical Education Objectives (The Society of Health and Physical Educators (SHAPE) has 5 National PE Standards that a student should know and be able to do as a result of a highly effective Physical Education):

- Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.