

Through engagement in the PHE program, each student will

- Uncover a meaningful connection to movement that motivates them to continue to pursue physical activity across the lifespan
- Develop confidence in their capabilities and a commitment to growth in a variety of physical activities.
- *Contribute* to the sense of belonging of others
- Experience joy in movement, recognizing how continual participation in movement may improve the quality of one's life.

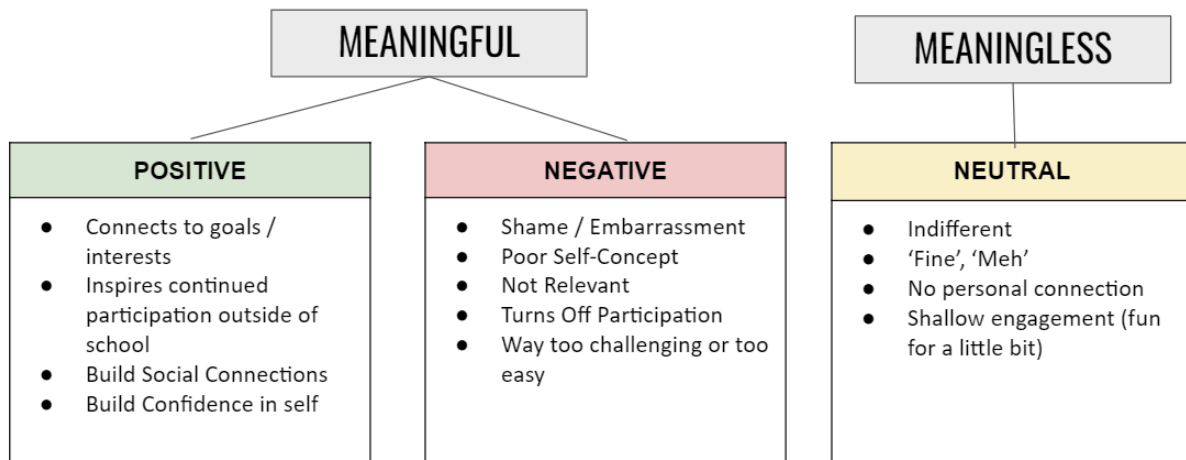
1-3	Correlative Questions - not necessarily related to vision statements but help make sense of the data.
4-10	Questions relate to meaningful connection, relevance, value, joy etc. (bullet 1 and 4)
11-14	Questions related to bullet 3, social dimension, belonging.
15-17	Questions related to bullet 2, confidence in abilities

PHYS-ED Questions	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
1. I put forth my best effort in PE every day *				
2. My family values being physically active.				
3. I am regularly active outside of school.				
4. I find PE class enjoyable				
5. I look forward to my PE lessons (days without PE are a drag..)				
6. The challenge I experience in PE class are usually 'just-right'				
7. I see connections between the activities in PE and my life outside of school				
8. I am encouraged to set relevant personal goals and challenges				
9. PE classes inspire me to want to be active outside of school.				
10. In PE class I am able to participate in activities I am interested in.				
11. I am accepted for who I am and that I belong in PE				
12. PE is a welcoming & friendly place				
13. I positively communicate and support my peers in PE				
14. I can build friendships in PE				
14. I am confident in my abilities				
15. I feel like I have improved my skills				
16. I enjoy learning new activities in PE				

Long Answer Questions

**see accompanying slide (screenshot) below).*

- Describe a positive experience you've had in PE this semester.
- Describe a negative experience you've had in PE this semester.
- Describe how you're active outside of school.



HEALTH	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
What I learn in Health class are relevant to my life.				
The skills/understanding I develop in health help me navigate challenging situations.				
Health is an important subject to learn in school.				

Long Answer Questions

- What I think students in my grade need to learn about health is....
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