



SIOUX FALLS SCHOOL DISTRICT K-12 PHYSICAL EDUCATION STUDY

K-12 PHYSICAL EDUCATION VISION STATEMENT:

Physical education is an integral part of a student's comprehensive, well-rounded education program. The physical education program will engage students in fitness and motor skill development to promote an active and healthy lifestyle. Communicating with families and engaging community organizations to reinforce the importance of physical activity both in and away from school will encourage students to expand, enhance and continue healthy activities throughout their lifetime.

K-12 PHYSICAL EDUCATION MISSION STATEMENT

To educate and prepare each student to engage in a lifetime of fitness.

K-12 PHYSICAL EDUCATION GOAL STATEMENTS

The goal of physical education is to develop individuals who are knowledgeable in the areas of health and fitness and who demonstrate the age-appropriate skills and confidence necessary to enjoy a lifetime of healthful physical activity.

Students will:

1. Demonstrate motor skills and movement patterns to perform a variety of physical activities.
2. Understand movement concepts, principles and tactics as they apply to the learning and performance of physical activities.
3. Utilize appropriate motor skills, tactics and movement concepts/principles while participating regularly in physical activity.
4. Achieve and maintain a health enhancing level of physical fitness.
5. Demonstrate responsible personal and social behavior in physical activity settings.
6. Choose physical activity for health, enjoyment, challenge, self expression and/or social interaction.

updated 05.21.2021