

# Physical Education Standards

with

## Performance Indicators

(Introduce, **D**evelop, **C**ompetent, **M**aintain)

Developed Spring, 2000; Revised March 2004

### Philosophy

We believe that the foundation of the physical education program is two-fold. First, we must develop and foster within the child a sense of fairness based on Christian values. Secondly, have the child realize and then develop a positive attitude and awareness toward physical well-being and physical activity.

It is hoped that our students will develop an appreciation for sports both as a participant and as a spectator. Skill development is stressed at all levels, and sportsmanship is paramount in all activities.

### Program Standards

- Be able to apply physical education to life (understand and appreciate basic physical fitness, be able to use behavior which is safe for self and others in all physical activities and be able to demonstrate proper social, cooperative and competitive skills).
- Be able to demonstrate knowledge and skills which better enable participation in group and team activities.
- Be able to assess physical fitness level and participate in activities that improve physical fitness, wellness and cardiovascular capacity.
- Be able to develop movement through rhythm, dance and aerobics.
- Be able to demonstrate knowledge and skills which better enable participation in individual and dual sports and recreational activities.
- Possess an awareness and respect for individual differences and show good sportsmanship at all times.
- Possess and demonstrate bus safety procedures.