

Physical Education Page

Spectrum Physical Education Program Philosophy

A quality Health and Physical Education Program supports the physical, intellectual, and social-emotional development of students. When students maintain adequate levels of physical fitness and make healthy choices, the conditions and opportunities for learning also increase. For these reasons, Health and Physical Education plays an integral role in a comprehensive educational program.

Spectrum Physical Education Program Goals

- provide students with the knowledge and skills to value and apply physical activity and its benefits for a lifetime.
- Through active participation in movement and sport, students will foster an appreciation for personal fitness and other social skills vital to becoming healthy, productive members of the community.
- Play a chosen game/ sport skillfully and with good sportsmanship.

Standards and Content Resources

[2018 Physical Education Standards](#)

[National Physical Education Standards \(SHAPE America\)](#)