

Health Page

Spectrum Health and 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 Health Program Goals

- provide students with the skills and health literacy necessary to make informed decisions.
- Students will acquire the knowledge and skills necessary to address health concerns at various stages of development.
- Students are encouraged to achieve optimal health through recognizing health issues and applying preventative strategies to promote optimal wellness.
- By connecting academic content to real-life scenarios, students understand the impact of personal choices and external factors on individual health and the overall health of the community.

Curriculum Resources

Glencoe Health, McGraw-Hill

Standards and Content Resources

[Minnesota Department of Education Health Standards Page](#)