

INDEPENDENT SCHOOL DISTRICT 196  
Rosemount-Apple Valley-Eagan Public Schools  
Educating our students to reach their full potential

Series Number 617 Adopted February 1991 Revised September 2009

Title Physical Education Curriculum Beliefs and Goals

1. Beliefs

- 1.1 Physical education contributes to the lifelong development of the student by providing opportunities which positively impact and increase the intellectual, social, emotional and physical fitness of the student.
- 1.2 A quality physical education program . . .
  - 1.2.1 Provides learning opportunities which positively impact the academic success of students by stimulating brain growth.
  - 1.2.2 Is an integral component of a student's education as it contributes to the total fitness, growth and development of the child.
  - 1.2.3 Enhances social development by emphasizing personal achievement, character and integrity through individual and team activities and sports.
  - 1.2.4 Assists in reducing diseases and maladies that are caused by inactivity and childhood obesity
  - 1.2.5 Promotes fitness, wellness and a healthy attitude toward daily exercise which leads to physical activity throughout life.
  - 1.2.6 Promotes respect for the uniqueness and dignity of self and others through physical activities.

2. Goals – Students will know and be able to do the following:

- 2.1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities;
- 2.2 Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities;
- 2.3 Participate regularly in physical activity;
- 2.4 Achieve and maintain a health-enhancing level of physical fitness;
- 2.5 Exhibit responsible personal and social behavior that respects self and others in physical activity settings, and
- 2.6 Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

---

Reference: - Goals adapted from: Moving into the Future: National Standards for Physical Education, 2<sup>nd</sup> Edition, NASPE 2004, <http://www.mnahperd.org>