

# Vision Statement for Physical Education Programs

Physical education is an integral part of the Catholic Schools total education program. As such, it is a sequential educational program that provides students with the knowledge, skills, fitness and attitudes necessary to lead a healthy lifestyle.

A physically educated person who participates in health enhancing physical activity:

1. Demonstrates competence in selected motor skills
2. Assesses, achieves and maintains physical fitness
3. Applies cognitive concepts in making wise lifestyle choices
4. Exhibits appropriate personal-social character traits while participating in physical activity

Participation in physical education classes contributes to the overall success in the child's school life because it develops self confidence, social skills and an appreciation that life is a gift from God.