

PHYSICAL EDUCATION

The Board will attempt to provide students with an opportunity for wholesome and enriched educational experiences. It is the Board's belief that the following basic aims and objectives of the physical education program will contribute to this goal by:

1. Aiding the development of the entire student so that a well trained mind may function properly in a healthy body.
2. Encourage student participation in vigorous physical activity while in school and to teach the skills of those activities in everyday life.
3. Increasing appreciation of physical fitness and its importance in regard to good health.
4. Impressing upon students the importance of integrating one's mind, body, and attitude in preparing to face the obligations of a complex society.

Only in rare cases will students be exempt from physical education classes. School personnel have the responsibility for determining the activities appropriate for each student.

Adoption date: September 8, 1986

Reviewed: March 11, 2019