

# Summit Hill Elementary School

Nancy J. Murphy, Principal \_ Don Webb, Assistant Principal

## **Health and Physical Education**

### **Philosophy**

In Fulton County, we believe:

- ◇ a developmentally appropriate and comprehensive experience in health and physical education is essential for meeting the diverse needs of all students;
- ◇ a quality health and physical education program will foster the development of motor skills, physical fitness, emotional health, maturity, values, healthful decision making and the pursuit of lifelong health and fitness;
- ◇ participation in daily health and physical education is an integral and inseparable part of the total K-12 educational experience.

### **Goals**

The goals of the Fulton County K-12 health and physical education program are to:

1. Provide a developmentally appropriate and comprehensive experience through exposure to a wide variety of activities and quality instruction at all levels;
2. Recognize that participation in health and physical education can lead to an understanding and appreciation of diversity;
3. Provide for the development of effective and efficient fundamental motor skills;
4. Promote the acquisition of skills and beliefs needed to pursue a lifetime of involvement in physical activity and healthful decision making;
5. Promote an understanding of the relationship between physical activity and life long health and assume responsibility for personal health;
6. Provide an environment which is safe and conducive to self-expression, enjoyment and creativity;
7. Promote the relationship between health and physical education, school, community and life through an interdisciplinary approach to instruction where appropriate.

### **Content Standards in Physical Education**

*A physically educated student:*

1. Demonstrates competency in many movement forms and proficiency in a few movement forms.
2. Applies movement concepts and principles to the learning and development of motor skills.
3. Exhibits a physically active lifestyle.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Demonstrates responsible personal and social behavior in physical activity settings.
6. Demonstrates understanding and respect for differences among people in physical activity settings.
7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

Climb to the Top!