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## Meaningful Content:

- Instruction in a variety of motor skills that are designed to enhance the physical, mental, and social/emotional development of every child
  - Fitness education and assessment to help children understand, improve and/or maintain their physical well-being
  - Development of cognitive concepts about motor skill and fitness
  - Opportunities to improve their emerging social and cooperative skills and gain a multi-cultural perspective
  - Promotion of recommended amounts of physical activity now and throughout life
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