

PHYSICAL EDUCATION

A Quality Physical Education Program:

1. *Is taught by a highly qualified physical educator.*
2. *Provides sequential planned objectives:*
 - *Motor skills (psychomotor)*
 - *Knowledge & understanding (cognitive)*
 - *Attitude and appreciation (affective)*
3. *Helps improve a child's mental alertness, academic performance, readiness to learn, and enthusiasm for learning.*
4. *Improves a child's self-esteem, interpersonal relationships, responsible behavior, and independence.*

Why Do Children Need Quality, Daily Programs?

- A quality physical education program helps improve a child's overall health by increasing:*
- *cardiovascular endurance*
 - *muscular strength and power*
 - *muscular endurance*
 - *flexibility*
 - *weight regulation*
 - *improved bone development*
 - *improved posture*
 - *skillful moving*
 - *increased mental alertness*
 - *active lifestyle habits*
 - *constructive use of leisure time.*

The American Alliance for Health, Physical Education, Recreation, and Dance supports quality, daily Physical education programs for all children grades K-12.