

Northwestern School Corporation  
Physical Education Curriculum

Mission/ Vision Statement

Every student in our schools, from kindergarten through grade 12, should have the opportunity to participate in quality physical education. It is the unique role of quality physical education programs to help all students develop health-related fitness, physical competence, cognitive understanding, and positive attitudes about physical activity so that they can adopt healthy and physically active lifestyles. Quality physical education programs are also important because they provide learning experiences that meet youngsters' development needs, which in turn helps to improve their mental alertness, academic performance, and readiness and enthusiasm for learning.

Philosophy/ Beliefs

Physical activity is critical to the development and maintenance of good health. The purpose of physical education is to develop physically educated individuals who have knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. A high-quality physical education program includes the following components: opportunity to learn, meaningful content, and appropriate instruction.