

K-12

BALANCED PHYSICAL EDUCATION INSTRUCTION



In the Cobb County School District, Physical Education focuses on developing physically literate students who have the knowledge, skills, and confidence to enjoy a lifetime of healthy physical activity.

PHYSICAL LITERACY

To pursue a lifetime of healthy physical activity, a physically literate individual:

- Learns the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Values physical activity and its contribution to the healthful lifestyle.

MOVEMENT PRINCIPLES & SOCIAL INTERACTION

- Student demonstrates competency in a variety of motor skills and movement patterns.
- Student applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.
- Student demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Student exhibits responsible personal and social behavior that respects self and others.
- Student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

PHYSICAL EDUCATION FOUNDATIONAL SKILLS

Physical Education is a lifelong process and an integral part of the total education of every student. Quality physical education is needed to increase physical competence, health related fitness, self-awareness, and enjoyment. Physical activity is essential for all students, as it helps them develop lifelong habits of physical fitness. Research shows that students who are more physically fit, and who demonstrate good balance, rhythm, and coordination, are more likely to achieve academic success.

