Welcome to _______________ High School's Physical Education

**Department.** The Physical Education Curriculum is an integral part of each student’s learning experience. The purpose of the Physical Education Program is to provide adequate physical activity for all students. Major emphasis will be placed on psychomotor, cognitive, and affective domains of Physical Education as well as developing the student for lifetime fitness. Students will have the opportunity to set personal goals, make sound decisions, and learn to balance demands of daily living with physical activity.

**Physical Education Philosophy Objectives**

1. To allow students the opportunity to learn.

2. To allow students to actively participate in the environment.

3. To allow students to develop psychomotor, cognitive, and affective goals.

4. To allow students the opportunity to meet the High School Graduation Standards.

5. To allow students the opportunity to realize that Physical Education is a lifetime activity.

**Department Philosophy**

An educator/writer Allen Russell once said, “Of all subject areas taught in school, Physical Education is the only subject which, by the very nature of its content, has the potential to affect how a person will feel every moment of every day for the rest of his or her life.” With this quote in mind,
the teachers of Sandusky High School’s Physical Education Program would like to implement this quote into our classroom in order to positively effect student’s lives.

Our first goal is that all children will have an opportunity to learn. We should make a huge effort to meet the needs of all students, despite their differences. We will encourage children to accept diversity and find out inner values of each person. We will emphasize the importance of students setting personal goals and students doing their best each day. We will also encourage teamwork and be a constant positive motivator for students.

Second, students should understand the importance of being skilled in the psychomotor, cognitive, and effective domains. We want students to make lifetime positive goals in these areas, and have a firm understanding of their importance.

Third, there needs to be communication and organization. We as teachers will have clear communication with students, parents, other teachers, and specialists. We have very strong feelings about parents knowing what is going on in their child’s life. We feel that so many problems can be solved with good communication. We also feel that nothing gets accomplished without good organizational skills. The Physical Education class should be in constant movement. It’s the only class that uses the body so the more time focused on it the better.

Forth, are the goals of respect, good values, and playing by the rules. Students should be positive contributors in our society. In our classroom and out of it we want to hear that our students excel in this area. We will incorporate this by using the philosophy of “catch ‘em being good.” We will not ridicule the students behaving badly but will encourage and praise the students for doing the right thing. The classroom and gymnasium should also be a place that students feel safe in and being respectful, having good values, and playing fair will create this.

Finally, and most importantly, students should have fun learning. If a person is not having fun they usually do not want to excel, and they will put in the least amount of effort possible into their work. We should see smiles on the students’ faces and their excitement to learn something new. We will try our best to understand each student’s needs. We want the students to love their bodies no matter what they look like. Students will more likely enjoy class if they are not worrying about how they look, if they can work hard, and if they can have fun.
**Code of Ethics**

All students in the Physical Education Program shall:

1. Participate in the learning environment

2. Respect. Respect themselves, the teachers, peers, and anyone or anything else in the learning environment. This includes equipment and facilities.

3. Not bring food, drinks, or gum in the gym, locker rooms, or pool.

4. Be in the gym ready to participate when class starts.

5. Follow safety directions precisely.

6. Dress appropriately for every class period.

7. Cooperate with students and teachers

**Mission Statement**

The Mission of Sandusky High School Education Department is to motivate our students to want to live a healthy and active lifestyle. We will achieve this by participating in daily activities and providing adequate information for the students to achieve and maintain a healthy lifestyle. We will also provide the opportunity for students to learn respect for themselves and for others. They will realize their self-worth and make healthy choices, while participating and learning the benefits of lifetime fitness activities.
Beliefs

1. All students will develop self-worth by appreciating healthy decisions and actively participating in daily activities.
2. We believe students should know the Health Related Fitness Components.
3. Each student will perform the skills to the best of their ability. They will consistently try to improve.
4. Students will incorporate what they learn in Physical Education into daily living.
5. Students will value physical activities and its contributions to a healthful lifestyle.
6. Students will have a working knowledge of the relationship between physical activity and healthy living.
7. Students will be provided with positive feedback.