

Course Curious: Physical Education

BOE Fall 2025

Goals - Elementary

- Motor & Manipulative Skill Development
- Social Skills
- Health Awareness
- Fun & Engagement
- Develop **Physical Literacy**





WHY...?

"Children who possess inadequate motor skills are often relegated to a life of exclusion from the organized and free play experiences of their peers, and subsequently, to a lifetime of inactivity because of their frustrations in early movement behavior."

(Seefeldt, Haubenstricker & Reuchlien 1979, Graham, Holt, Hale & Parker 2001)

Participation



Competence




Confidence



Motivation



GOALS-MIDDLE SCHOOL



**PHYSICAL
EDUCATION**
the only subject that
**makes your
heart race!**

- Why?
 - Middle school kids still need to move!
 - PE needs to be a positive experience
 - Working towards goal of well-rounded lifelong movers (physical, cognitive, social, emotional)

GOALS-MIDDLE SCHOOL

- Skill Refinement
- Sports Rules (PE Version)
- Teamwork & Strategy
- Personal Responsibility
- Intro to Health



Goals-High School

- Personalized Fitness
- Lifelong Activities
- Health & Wellness Literacy
- Leadership & Independence
- Decision-Making
- Student Choice

