



ST. MICHAEL PHYSICAL EDUCATION GOALS:

It is the goal of the St. Michael Physical and Health Education Department that students acquire an appreciation for adopting a healthy active lifestyle. We believe sport and athletics is a microcosm of life reinforcing many characteristics necessary to be successful in life while strengthening core gospel values of respect, faith, and love.

The vision is for all students to be physically educated, have fun while moving and to learn and appreciate the numerous benefits of leading a healthy active lifestyle. Students who choose to actively participate in quality physical education programs receive a variety of benefits, including the development of:

- 1. A life-long commitment to their own health and fitness*
- 2. Improved understanding of the importance of maintaining a Healthy Active Lifestyle*
- 3. Improved understanding of movement and the human body*
- 4. Improved knowledge of rules and strategies of particular games and sports*
- 5. Self-confidence and self-worth as they relate to physical education recreation programs.*
- 6. Interpersonal skills such as leadership, teamwork, and a sense of fair play*

