

## **Maple High School: Department of Physical Education Mission Statement**

Physical Education at Maple High School is based upon the acquisition of knowledge and skills, both of which are the foundation for engaging in physical activity. The mission of the Physical Education Department, however, is to **empower** all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive and fulfilling life.

Through their involvement in the Physical Education curriculum, students will develop knowledge, as well as practices, that necessary in obtaining personal physical fitness and lifetime wellness values. Students will not only acquire, but also refine, the appropriate physical skills necessary to participate in a wide range of physical activities and specialized sports.

### ***The major areas of focus are:***

Developing and maintaining physical fitness.

Structuring activities so that each student attains movement competence and confidence in body management activities, fundamental physical skills and specialized physical skills.

To stress the positive relationship between physical activity and health and increase participation in, and derive enjoyment from lifetime physical activities.

To develop a positive self-concept through relevant physical education experiences.

To acquire knowledge and experience in a wide variety of physical fitness activities, physical skills, sport related games, low organized games and lifetime physical activities.

To acquire safety skills when working with equipment, and when working independently or in groups.