

PHYSICAL EDUCATION

The Board of Education shall attempt to provide every student with an opportunity for wholesome and enriched educational experiences. It is the Board's belief that the following basic aims and objectives of the physical education program shall contribute to this goal:

1. to aid the development of the entire student so that a well-trained mind may function properly in a healthy body;
2. to encourage student participation in vigorous physical activity while in school and to teach the skills of those activities so that they will have a carry-over value for later activities in everyday life;
3. to increase appreciation of physical fitness and its importance in regard to good health; and
4. to impress upon students the importance of integrating one's mind, body, and attitude in preparing to face the obligation of a complex society.

With these objectives in mind, the District physical education staff will work together with administrators to develop a physical education program that develops each student's flexibility, agility, coordination, strength, and endurance incorporating a progression of skills and activities from the simple to the more complex. This program must be flexible enough to accept each student's own pattern of growth and development and include activities that assure both individual and group development throughout the student's school years. Provisions shall be made for students who require a special or adaptive physical education program.

Reference: Education Law §§ 803; 3204(5)
8 NYCRR § 135.3