



Sachem Central School District Vision and Mission Statement

Health and Physical Education

Mission Statement: The Sachem Central School District Health and Physical Education Departments are dedicated to helping students become life-long learners with strengths in physical, mental and social domains so they can lead healthy productive lives.

Vision Statement: The Sachem Central School District Health and Physical Education Departments are committed to the development and maintenance of a healthy lifestyle in students. Our program will provide students with the knowledge, skills, and competencies to enjoy and maintain a lifetime of health and fitness.

Our dedicated, professional Health and Physical Educators will accomplish the program goals by:

- Utilizing current and up-to-date information to address local and national health concerns
- Interdisciplinary instruction between Health and Physical Educators and other members of the school community
- Implementing a Health and Physical Education K-12 curriculum that is aligned with state and national standards
- Integrating technology to enhance instruction
- Evaluating data from assessments to improve instruction
- Delivering character education to build proactive citizens who take responsibility for their health and wellness

Our goal is to develop empowered students who care about their own well-being and the well-being of others. Upon commencement, our students will

- Practice life-long healthy behaviors to reduce the prevalence of obesity and other diseases
- Possess health literacy skills in order to access and utilize reliable health and fitness information
- Demonstrate competency in a variety of physical activities that provide conditioning for each of the five components of fitness
- Advocate for their own health and the health of others
- Demonstrate skills in leadership, problem-solving, goal setting and decision making

The Sachem Central School District Health and Physical Education program will encourage a more health conscious community that supports our programs and reinforces health and fitness concepts.