**Sea Park Physical Education Mission Statement**

The mission statement of Sea Park Physical Education program is to promote sequential physical education that teaches students to participate in regular physical activities that develop the motor skills, knowledge and values needed to establish and maintain a lifelong healthy lifestyle.

**Our Physical Education Philosophy**

We believe that through quality instruction by certified physical educators, students are guided toward a longer life through healthy living. Students should have the opportunity to become physically educated as defined by the Florida State Department of Education.

“Health is to the body what wisdom is to the mind.”

**Physical Education Goals**

* Domains of Learning in Physical Education Program
  + Psychomotor Movement
  + Cognitive
  + Affective
  + Provide each student optimum physical, mental, emotional, and social developmental activities and sports that all students enjoy and can pursue throughout their lives.
* Management, Motivation, & Communication
  + Student progress & safety in PE classes
  + Effective Communication
  + How Students get excited for physical activity
* Planning & Instruction
  + Addressing different learning styles in PE
  + Designing & implementing individualized fitness plans
  + How to link physical activity to learning & performance
  + Fostering cognitive development in PE
  + Accommodating diverse students in PE
* Assessment in Physical Education
  + Assessment of fitness & physical skills
  + Technology in PE
  + Using fitness assessments to set health goals
* Legal, Ethical, & Liability
  + Creating productive relationships to support student growth & well being

“Play Smarter not Harder!”