

Physical Education & Health Mission Statement

The mission of the Shaler Area Elementary School Physical Education and Health Department will be focused on the foundations of the following implemented principles:

- 1. Decrease current applicable obesity rates and/or maintain personal fitness levels via incorporation of physical activity/wellness center.*
- 2. Increase the NCLB academic performances via multidisciplinary instruction.*
- 3. Augment motoric individual student abilities.*
- 4. Enhance cognitive comprehension of health appropriate concepts.*

The department will accomplish this by using a student centered approach while teaching different aspects of physical fitness and sport. A continual emphasis will be placed on each student attaining a healthy level of personal fitness. The activities and sports offered will be designed to ultimately enhance the student's overall mental, physical and social wellbeing.