

Why Physical Education?

When implemented and instructed properly, a comprehensive physical education program will enhance and/or develop the following:

- *Agility*
- *Gross and Fine Motor Skills*
- *Temporal Awareness*
- *Sense of Self Worth*
- *Lifetime Leisure Pursuits*
- *Self Confidence*
- *Energy Levels*
- *Muscular Strength*
- *Muscular Endurance*
- *Cardiovascular Endurance*
- *Manipulative Skills*
- *Locomotor Skills*
- *Nonlocomotor Skills*
- *Body Awareness*
- *Flexibility*
- *Directional Awareness*
- *Hand/eye Coordination*
- *Hand/foot Coordination*
- *Static and Dynamic Balance*
- *Knowledge of Sports Rules, Terms and Strategies*
- *Tactile Awareness*
- *Effective Communication Skills*
- *Active Listening Skills*
- *Sportsmanship*
- *Power*
- *Speed*
- *Teamwork*
- *Depth Perception*
- *Discipline*
- *Decreases Stress Level*
- *Decrease Cholesterol Levels*
- *Decrease Hypertension*
- *Helps Build & Maintain Healthy Bones, Muscles and Joints*
- *Build Lean Muscles*
- *Burns Calories*
- *Spatial Awareness*
- *Reduce Anxiety*
- *Reduce Depression*
- *Improve Mood*
- *Personal Wellness*
- *Self-Esteem*
- *Core Stability*
- *Decrease Fatigue*
- *Correct Posture*
- *Academic Performance*
- *Body Composition*
- *Body Image*
- *Conflict-Resolution Skills*
- *Goal Setting*
- *Peer Resistance Skills*
- *Decrease Dev. Of Osteoporosis*
- *Sleep Better*
- *Decrease Obesity*
- *Reaction Time*
- *Fair Play*
- *Peer Cooperation*
- *Figure-Ground Perception*
- *Kinesthetic Awareness*

The Center for Disease Control and Prevention estimated that Americans spent 444 billion dollars on heart disease in the year 2010.

<http://www.cdc.gov/chronicdisease/resources/publications/AAG/dhdsp.htm>