

## Physical Education Curriculum

*“The best preparation for tomorrow is doing your best today.”  
H. Jackson and Brown, Jr.*

*“I can do all things through Christ who strengthens me.”  
Philippians: 4, 13*

The Diocese of Buffalo believes that Physical Education is an integral part of a faith-based education. Our curriculum strives to develop both physical and character education. As proficiency develops, students will display an understanding of physical activity, specific strategy, concepts and rules. Students will continually build upon and develop skills learned in previous years. Students with disabilities or medical limitations will be given projects or assessments based on medical and academic recommendations.

Throughout their education, students are expected to:

- consistently display their best effort,
- exhibit personal and social responsibility
- follow directions and class expectations
- challenge self to improve performance
- come prepared to class
- respect feelings, rights and property of others
- demonstrate self-control for actions and emotions
- work cooperatively with peers and teachers
- promote good sportsmanship
- demonstrates proficiency in age appropriate skills

Our program is based upon National and State Standards. It presents an opportunity to learn about many different sports and activities with a focus on an appreciation of lifelong fitness and health.

### National Standards for Physical Education

The physically literate individual:

1. Demonstrates competency in a variety of motor skills and movement patterns.
2. Applies knowledge of concepts, principals, strategies and tactics related to movement performance.
3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

4. Exhibits responsible personal and social behavior that respects self and others.
5. Recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.

### **New York State Physical Education Learning Standards**

1. **Personal Health and Fitness**: Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
2. **A Safe and Healthy Environment**: Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.
3. **Resource Management**: Students will understand and be able to manage their personal and community resources.