

## ***Health and Physical Education Teaching Philosophy***

Children must be encouraged to invent their own solutions to problems through creative thinking and discovery. It is the responsibility of an educator to challenge students and encourage their exploration of knowledge while providing the tools for them to become confident learners.

The purpose of health and physical education is to provide health-related and skill-related fitness concepts and skills in order to create an environment that promotes the development of life long movers. Health and physical education students will be provided with the necessary tools to make good decisions regarding all components of their health and wellness.

The physical education program content will focus on skill development which will address the New Jersey Core Curriculum Content Standards. Students will then implement learned stability, locomotor, non-locomotor and manipulative skills while participating in modified individual, dual, and team sports games.

Multiple teaching strategies will be incorporated into the program in order to address students' diverse learning styles. Students will be formally and informally assessed in the cognitive, psychomotor and affective domains using skill tests, rubrics, checklists and written evaluations.

Schools are multidimensional learning communities composed of a diverse learning population. A productive, motivational and informative learning environment will be created for students by implementing a curriculum that is developmentally appropriate, skill-related, progressive, challenging and enjoyable.