

## **Instruction**

### **Physical Education**

#### **Philosophy**

Physical education is an integral part of the ever continuing educational process for each student.

We believe that the K-12 physical education program contributes significantly to the optimum development of each student.

This program provides a balance of activities which reflect and challenges the divergent needs of students in the physiological, psychomotor, cognitive, and affective domains.

The Board of Education believes that a physical education program should promote a variety of activities that encourage a lifetime commitment to physical fitness and the pursuit of a healthy lifestyle. Emphasis should be placed on total fitness goals needed for the enhancement of the intellectual pursuits and interests of all students, thus giving each child the opportunity to succeed. The physical education program should be based on the concept of providing differentiated instruction for all students. The program should help foster the growth and development of the individual child and provide the basic skills needed to pursue leisure time activities. The physical education program should also include the utilization of current technologies in the field.

Legal Reference: Connecticut General Statutes

10-16b Prescribed courses of study.

10-220 Duties of boards of education.

P.A. 04-224 An Act Concerning Nutrition in Schools, Recess and Lunch Breaks

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NEW LONDON PUBLIC SCHOOLS

New London, Connecticut