

WELLNESS

An active lifestyle that promotes wellness is the result of a good physical education program. Everyone, regardless of athletic ability, should possess the knowledge, skills and positive attitudes that lead to an active lifestyle.

To live an active life, all students need a broad experience in movement activities that include individual sports, team sports and recreational activities. For all students to feel comfortable participating in movement activities, they need an extensive background in the developmental skills that lead to proficiency.

Besides knowing how to pass, dribble and shoot, all students need fun, comfortable experiences in game situations. Modified and small-sided games for students of any age help provide the successful environment needed for those skills to be developed.

Providing a safe environment for students' participation is another key element needed to support an active lifestyle. All students must understand how to safely engage in activity to minimize injuries to themselves and others.

Through participation in individual and team sports and lifetime activities, students will develop cooperative and leadership skills, both for activity and also for lifetime success. Noble concepts such as working for the common good, taking turns, playing fair, winning with humility, losing with grace, and respecting others are the real life lessons learned while participating in activity.

In the wellness section of the **Five for Life Program**, teachers will add their own curriculum units in the areas of individual and team sports, lifetime activities, safety, leadership and cooperation. The importance of this section cannot be minimized and needs to be taught congruently with the fitness and health concepts presented in the **Five for Life Program**.

Physical education, like all subject areas, shares in the responsibility to develop positive intellectual, emotional, and social skills in students. The wellness section of this curriculum not only teaches movement skills but also has the unique opportunity to teach about differences among people, healthy competition, teamwork and sportsmanship.