

Medinah School District #11 Physical Education Philosophy

Medinah School District #11 has made a commitment to prepare students to live healthy, productive and physically active lives.

- Physical education will provide every student with a variety of challenges that will contribute to the development and maintenance of their physical, cognitive, social and emotional development and well-being.
- The curriculum content reflects active student participation, the needs and interest of students, and issues relevant to the Medinah community.
- Physical education is a lifelong process, which is the primary responsibility of the student, shared by home, the community and Medinah School District #11.

Physical Education Beliefs

- Maximize every student's personal ability to achieve Moderate, to Vigorous, Physical Activity (MVPA) every day.
- Provide physical literacy so students understand the purpose and its application to healthy life styles beyond the school day and sessions.
- Expert delivery of quality instruction requires certified physical educators.

