

Regular participation in quality physical education programs will:

- Prepare students with skills for future leisure pursuits through exposures to various individual, team, and alternative activities.
 - Formulate activity patterns that can extend into adulthood.
- Reduce risk for specific health problems including; coronary heart disease, hypertension, colon cancer, and depression, as well as lower all-cause death rates.
 - Increase cardiovascular efficiency.
 - Improve one's physical literacy.
- Develop student's sense of security with their own body.
 - Improve overall mental health.
- Reduce stress and increase energy-enriching quality of life.
 - Produce a positive effect on structural growth.
- Contribute to academic progress by boosting self-esteem.
- Provide students with a better understanding of the why behind movement.
 - Prove understanding of health-related fitness concepts.
- Teach safety techniques reducing accidents outside of school.
 - Provide an outlet for creativity and self-expression.
- Increase awareness of physical opportunities within the community.
 - Decrease anger, fatigue, and confusion.

Wording taken from Bullard Elementary School
<https://home.comcast.net/~ejpc/WhyPE.htm>