

ST. FRANCIS XAVIER SCHOOL

PHYSICAL EDUCATION MISSION STATEMENT

The SFX Physical Education Program encourages students to:

- develop a lifelong love for physical activity
- learn the value of becoming and staying physically fit and strong
- experience the benefit of physical fitness in enhancing academic success
- benefit from the socialization involved in P.E. participation
- respect the importance of teamwork, and to become a team player in sports and in life
- learn the rules, and to learn to play by those rules, with a focus on sportsmanship
- learn to be gracious in defeat
- accept coaching as a guide for further self-improvement
- learn about leadership and to develop the qualities of a strong leader
- learn the value of practice and commitment
- become exposed to a team sport that he or she might not otherwise play
- learn to accept and respect differences in physical abilities
- prepare for high school sports and participation at the next level
- play and learn in an an environment that prioritizes the safety of all students at all times
- experience the joy of playing
- have fun!

