

CLASSROOM

(noun)

A room in a school in which students grow, explore, and benefit from the learning process.

The gym is our physical education **classroom**.
It's where we learn how to move with confidence, cooperate with compassion, and value physical activity.

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COMMUNITY

(noun)

A feeling of unity with others as a result of sharing attitudes, interests, and goals.

Parents are an important part of our physical education **community** because they want all students to grow up to be healthy and active.

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ENCOURAGEMENT

(noun)

Support, confidence, or hope offered by someone or some event.

The friends gave each other constant **encouragement** to help them build self-confidence during the most difficult parts of the cooperative challenge.

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GRIT

(noun)

The combination of passion and perseverance, which allows an individual to continuously develop skill and work toward consistent achievement through a repetitive cycle of purposeful practice and peak performance.

Izzi's display of **grit** during the 6-week fitness challenge was impressive and characterized by her desire to stick with it and her drive to improve.



PHYSICAL EDUCATION

(noun)

A planned, sequential, standards-based program of curricula and instruction designed to develop motor skills, knowledge, and behaviors for active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence.

SHAPE America

Physical education is an important academic subject that helps prepare students for success in the 21st Century.

PHYSICAL LITERACY

(noun)

The ability, confidence, and desire to be physically active for life.

Aspen Institute Physical Literacy Working Group

Physical literacy will help you keep your body and mind healthy for a lifetime.



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RESPECT

(noun)

A feeling of deep admiration for someone or something due to their abilities, qualities, or achievements.

We have a lot of **respect** for parents who encourage their children to live a physically-active lifestyle.

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21st CENTURY LEARNING

(noun)

A set of skills, knowledge, and expertise that students must master to succeed in work and life in the modern world.

Practicing skills like cooperation and collaboration make **21st century learning** an important part of our physical education lessons.

