Physical Education (PE)

Physical education (PE) addresses a student's fundamental need for regular activity to remain healthy. The DoDEA Physical Education Program is an essential and integral part of DoDEA's core values to educate the whole child. The DoDEA Physical Education Program promotes attitudes and behaviors that reduce health risks, increases ways to enjoy movement and include methods to develop an understanding for the interdependence of nutrition and physical activity for lifelong health.

Quality K - grade 12 physical education programs promote the physical growth and development of all children while contributing to their general health and ability to learn. Our physical education program contributes toward the achievement of cognitive and physical health, through a curriculum that is based on a planned sequence of experiences in a wide variety of developmentally appropriate learning activities. Beginning in the early grades with basic movement concepts and skills; progressing toward more complex games, sports, dance, and offering course selection for individual fitness goals and interest for high school students. In DoDEA, all of these movement and fitness activities are taught by a certified physical education teacher.

Ultimately, through physical education, children display the skills and practices of their personal performance goals. The child who is well educated physically is likely to become a healthy adult who is motivated to remain healthy. A healthy physically active student is more likely to be academically motivated, alert and successful in school. The DoDEA Kindergarten through grade 12 physical education programs promotes the social skills and cooperation that are increasingly viewed by educators as essential for success in school.

High School students are required to complete 1.5 credits of physical education. The required courses are Personal Fitness (.5), Lifetime Sports (.5) and Physical Activity and Nutrition (.5). Schools may also offer physical education electives to provide students with additional opportunities.