

Section I

Alexandria Township's Comprehensive Health Program Philosophy Statement

The vision for Health and Physical Education in Alexandria

Township is to develop the understanding that the key to wellness is the quality of one's lifestyle, which has physical, mental, emotional, and social aspects. The aim of the Health and Physical Education Program is to promote wellness through the acquisition of skills and knowledge that can be integrated into a holistic lifestyle, within the school, family, and community.

To achieve this vision, the curriculum in the Comprehensive Health Program must be integrated. The Health and Physical Education Department will coordinate with Health and Counseling Services to work as an integrated teaching team in all aspects of the curriculum. The program's content and instruction should be diverse and differentiated to spark an interest and to create opportunities for students' success, now and into the future.

We will know we have achieved this vision for curriculum in Health and Physical Education when the students blend lifelong fitness with the necessary social and emotional skills needed to create and implement healthy, informed choices.