

A PHYSICALLY EDUCATED PERSON

According to the National Association for sport and Physical Education, the American Alliance for Health, Physical Education, Recreation and Dance and the Council on Physical Education for Children, a PHYSICALLY EDUCATED PERSON is one who:

has learned the skills necessary to perform a variety of physical activities.

does participate in regular physical activities.

is physically fit.

knows the implication and benefits from involvement in physical activities.

values physical activity and its contribution to a healthy lifestyle.