

CHILDREN AND YOUTH LEARN BY DOING

Physical Activity as the Vehicle for Learning

With Health and Physical Education, children and youth have a unique opportunity to move their bodies, engage their minds and discover the joy of movement for healthy, active living.

"Physical activity always makes me feel great! I can feel myself letting go of stress and I feel good as I move."

"I keep practicing and I'm improving my skills. That makes me feel more confident when playing with my friends and teammates."

"I love trying out new activities and finding things I enjoy."

"When I'm physically active every day, I feel alert and ready to learn."

This poster is the third in a series of six posters illustrating the Fundamental Principles in Health and Physical Education. To access the posters, please visit TeachingTools.ophea.net/AllAboutHPE.