



Al Retaj International School

"Together Towards Success"

High School Physical Education Course Description (Academic Year 2020-2021)

Physical education in Al Retaj school based on Virginia standards is more than just student participation in sports and games. Its purpose is to develop a combination of transferable skills promoting physical, intellectual, emotional and social development; to encourage present and future choices that contribute to long-term healthy living; and to understand the cultural significance of physical activities for individuals and communities. Therefore, in Al Retaj, there should be specific opportunities for learning about movement and through movement in a range of contexts.

Finally, Students apply acquired information, concepts and ideas to communicate in a variety of formats to serve their community.