

Shanghai American School High School

Physical Education Philosophy

In the Physical and Health Education Department at [SAS/Pudong](#) we believe that every student is an individual with different capacities and different learning styles. It is the PHE Department goal to instill the importance of a broad, general, inclusive fitness model, which includes the education and behaviors necessary for implementing an active, healthy and eclectic lifestyle. Thus, the PHE Department holds a Fitness-Based Program that is:

- **Inclusive & Fair:** Students who cannot throw a football or catch a baseball will get turned off to all exercise by their lack of ability; at SAS/Pudong it doesn't matter the students' relative skill levels; in other words, the fact that we play is more important than how well we do it.
- **Differentiated:** Each student uses a HRM set with their own personal Heart Rate Zone which is prescribed by individually testing each student to determine a MHR (maximum heart rate) and a RHR (resting heart rate). This allows us to accurately measure CV fitness improvement and eliminate subjective ambiguity.
- **Broad/Diverse:** Many different “traditional and non-traditional” sports, games, and activities are used as a way to develop physical fitness.
- **Fun/Enjoyment:** When students are having fun, we know the activity is brain compatible and this is a component that is constantly present in all our classes. It is widely known that if students have fun being active they will be active for a lifetime. SAS PHE promotes a broad general inclusive fitness model that is Fun!
- **Holistic:** Upholding that all aspects of the student's needs (cognitive, emotional, physical, moral, and social) are taken into account and seen as a whole through Physical and Health Components.

We Don't stop playing because we grow old; we grow old because we stop playing.

George Bernard Shaw