Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

**~ John F. Kennedy**

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**The aim of the Saint Louis Public School District’s Physical Education Program is to enable all students to enhance their quality of life through a healthy, active lifestyle.**

**AIM Physical Education Curriculum**

The ***AIM Physical Education Curriculum*** better known as the ***Academics In Movement (AIM) Physical Education.***

*The purpose of the AIM Curriculum****:***

* Is to focus on the content area of Physical Education and Health Education.
* To connect learning across grade levels within the core content area and across the curriculum, creating a cross-curricular curriculum.

The ***AIM Curriculum*** is designed to be an instructional planning tool and resource for teachers. It clearly indicates what is to be taught and addressed. It encompasses all state and national curriculum requirements. It allows teachers to focus on the concepts, knowledge, and skills needed by students to master the objectives required for their grade level or course.

Thus, students will be better prepared for the subsequent Grade Level Expectations, graduation requirements and participating in a healthy, active lifestyle filled with physical activity.