

**PHYSICAL EDUCATION**  
**Lifetime Physical Wellness**  
**PL-04-4.2.1**

**Benefits that result from regular participation in physical activity**  
**DOK 1**

**Physical Benefits:**

- \*Flexibility**
- \*Muscular Endurance**
- \*Weight Management**
- \*Control of Body Movements**
- \*Cardio-respiratory Endurance**

**Social Benefits:**

- \*Enjoyment**
- \*Self-Expression**
- \*Respect for Self and Others**
- \*Positive Interaction with Others**