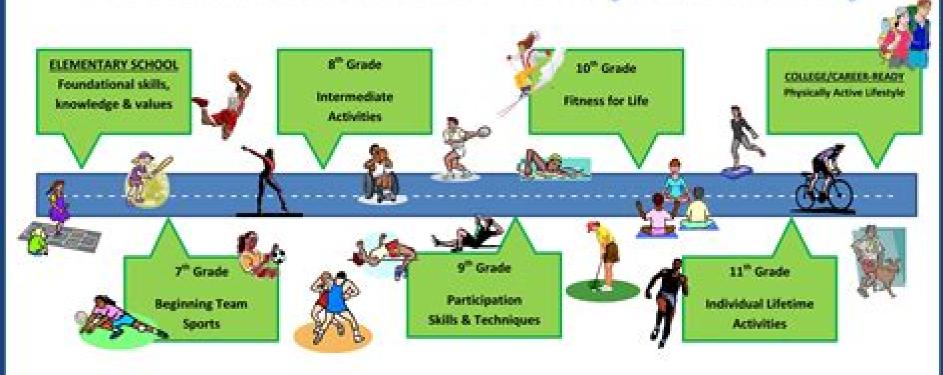


# The Road to a Lifetime of Physical Activity



The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful activity.

# **Elementary Physical Education A Systematic Approach**

**Thomas Griffiths** 

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