

## National Standards for Physical Education

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

### A physically educated person:

**Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

**Standard 3:** Participates regularly in physical activity.

**Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.

**Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

(NASPE)

## Quality Physical Education

One of NASPE's key beliefs is that every student in our nation's schools, from kindergarten through grade 12, should have the opportunity to participate in quality physical education. It is the unique role of quality physical education programs to help all students develop health-related fitness, physical competence, cognitive understanding, and positive attitudes about physical activity so that they can adopt healthy and physically active lifestyles. Quality physical education programs are also important because they provide learning experiences that meet youngsters' developmental needs, which in turn helps to improve their mental alertness, academic performance, and readiness and enthusiasm for learning. According to NASPE guidelines, a high-quality physical education program includes the following components

### Opportunity to Learn:

- Instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and secondary school)
- Qualified physical education specialist providing a developmentally appropriate program
- Adequate equipment and facilities

### Meaningful Content:

- Instruction in a variety of motor skills that are designed to enhance the physical, mental, and social/emotional development of every child
- Fitness education and assessment to help children understand, improve and/or maintain their physical well-being
- Development of cognitive concepts about motor skill and fitness
- Opportunities to improve their emerging social and cooperative skills and gain a multi-cultural perspective
- Promotion of regular amounts of appropriate physical activity now and throughout life

### Appropriate Instruction:

- Full inclusion of all students
- Maximum practice opportunities for class activities
- Well-designed lessons that facilitate student learning
- Out of school assignments that support learning and practice
- No physical activity for punishment
- Uses regular assessment to monitor and reinforce student learning

(NASPE)

## Why Children Need Physical Education

Physical education is an integral part of the total education of every child in Kindergarten through Grade 12. Quality physical education programs are needed to increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so that they can be physically active for a lifetime. Physical education programs can only provide these benefits if they are well-planned and well-implemented.

### Improved Physical Fitness:

Improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance.

### Skill Development :

Develops motor skills, which allow for safe, successful and satisfying participation in physical activities.

### Regular, healthful physical activity:

Provides a wide-range of developmentally appropriate activities for all children.

### Support of other Subject Areas:

Reinforces knowledge learned across the curriculum. Physical Education serves as a lab for application of content in science, math and social studies.

### Self Discipline:

Facilitates development of student responsibility for health and fitness.

### Improved judgment:

Quality physical education can influence moral development. Students have the opportunity to assume leadership, cooperate with others; question actions and regulations and accept responsibility for their own behavior.

### Stress reduction:

Physical activity becomes an outlet for releasing tension and anxiety, and facilitates emotional stability and resilience.

### Strengthened peer relationships:

Physical education can be a major force in helping children socialize with others successfully and provide opportunities to learn positive people skills. Especially during late childhood and adolescence, being able to participate in dances, games and sports is an important part of peer culture.

### Improved self-confidence and self-esteem:

Physical education instills a stronger sense of self-worth in children based on their mastery of skills and concepts in physical activity. They can become more confident, assertive, independent and self-controlled.

### Experience Setting Goals:

Gives children the opportunity to set and strive for personal, achievable goals.

(AAHPERD)

## **Benefits of COAHPERD Membership Include:**

### **Professional Development**

Provide recertification credit for salary advancement and/or hours toward professional licensure at the annual fall convention and Outreach workshops that are hosted around the state.

### **Advocacy**

Advocate on as-needed basis at professional organization conferences, school board meetings and with the state legislature on the importance of quality physical education.

### **Future Professionals**

Provide scholarships for the development of college students interested in pursuing a career in teaching health or physical education.

### **Annual Convention**

Celebration of appropriate and best practices in the application of teaching health, and physical education with other teachers from around the state.

### **What Physical Education is:**

- organized activities rather than recess, playtime, “roll out the ball” or “open gym” time.
- for everyone - not just for athletes.
- lifelong activities focused rather than calisthenics.
- integrative teaching and learning rather than just planning time for classroom teachers.
- a content area for all students to be successful rather than a dumping ground.
- where students are taught lifelong fitness and skill building activities rather than used as a time to pull-out students for academics.
- a variety of activities that teach the standards rather than random activities
- an environment where students create positive experiences rather than participation in elimination games.
- where students learn teamwork, socialization, and sportsmanship rather than just being supervised like in a babysitting service.
- used as an energizer for the brain- fitness connection in the classrooms rather just activities in the gym.
- is a stress reliever for students rather than just an afterthought class.
- empowering rather than expendable.

## **Health & Physical Education Resources:**

Colorado Association of Health, Physical Education, Recreation and Dance –  
<http://www.coahperd.org/>

American Alliance for Health, Physical Education, Recreation and Dance –  
<http://www.aahperd.org/>

National Association for Sport and Physical Education –  
<http://www.aahperd.org/Naspe/>

Appropriate Practices for teaching Physical Education (K-12) -  
<http://www.aahperd.org/Naspe/template.cfm?template=peappropriatepractice/index.html>

American Heart Association –  
<http://www.americanheart.org/presenter.jhtml?identifier=1200000>

Healthier Generation –  
<http://www.healthiergeneration.org/>

PE Central –  
<http://www.pecentral.org/>

PE for Life –  
<http://www.pe4life.org/>

Presidents Council on Physical Fitness and Sports –  
<http://www.fitness.gov/>

PE Links 4 U –  
<http://www.pelinks4u.org/>



<http://www.coahperd.org/>

*Providing  
Leadership,  
Professional  
Development and  
Advocacy for  
Colorado Health  
and Physical  
Education  
Teachers.*