

**Physical Education
today is very
different from how
you might
remember it. Take
a look...**

Physical Education...

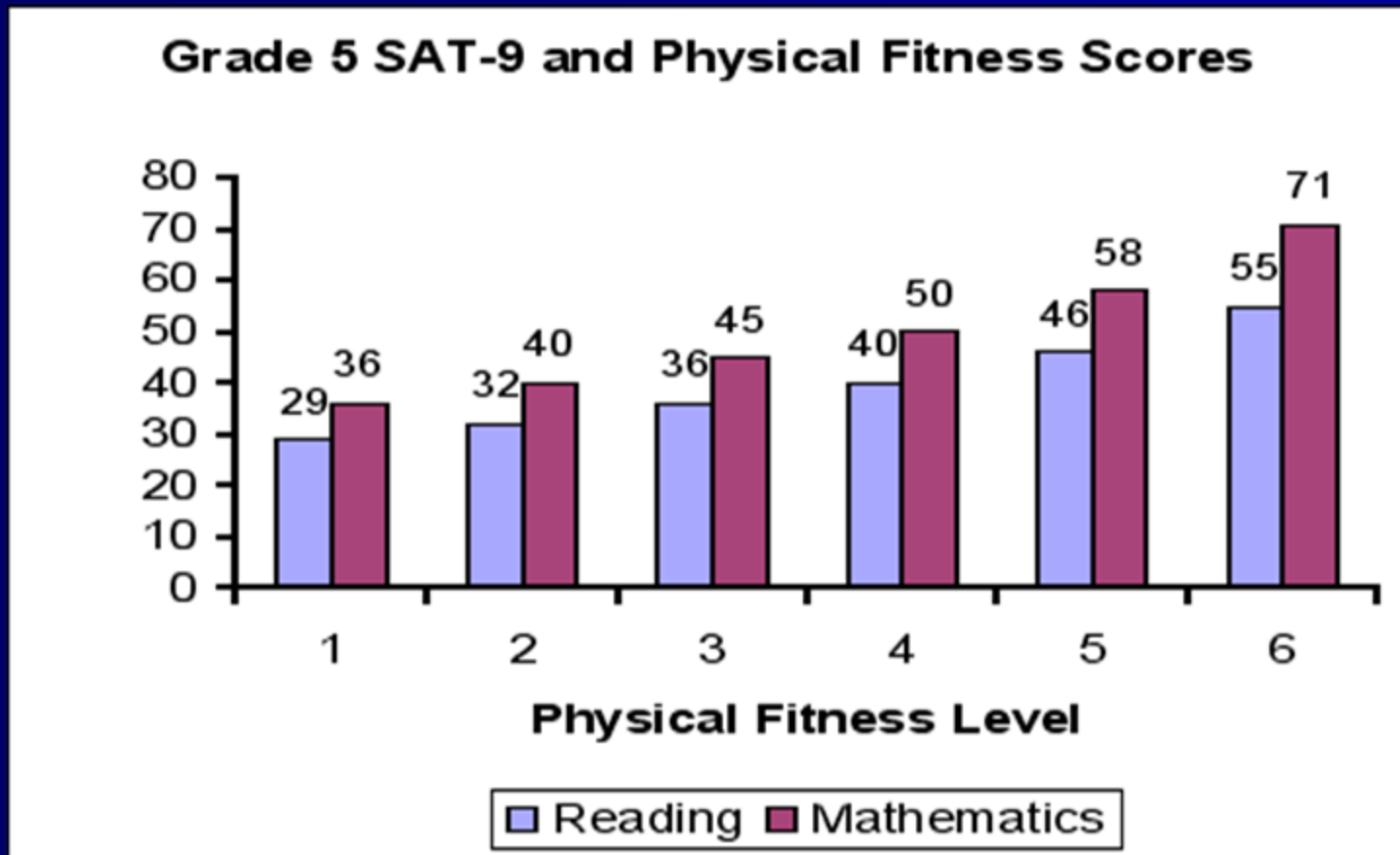
- Contributes to a student's health and well being
- Provides the skills, knowledge, attitudes, and confidence for a lifetime of physical activity
- Is an integral part of the school curriculum

Did you know that physical fitness is related to academic achievement?

- Study completed by the California Department of Education (12/10/02)
- Data included SAT 9 Mathematics and Reading plus *Fitnessgram* from 2001
- Grades 5, 7, 9 (954,000 students)
- Higher Achievement was associated with higher levels of fitness at each of the grade levels measured.

Grade 5 Sat-9 and Physical Fitness Scores

Academic Achievement and Physical Fitness



**Physical Education is
more than playing
games.**

**Physical education and
physical activity are not the
same...**

Physical Activity

"...is *bodily movement* of any type and may include recreational, fitness and sport activities such as jumping rope, playing soccer, lifting weights, as well as daily activities such as walking to the store, taking the stairs or raking the leaves."

NASPE



Physical Education

"...instruction programs that offer the best opportunity to provide physical activity to all children and teach the skills and knowledge needed to establish and sustain an active lifestyle."

NASPE



Quality Elementary PHYSICAL EDUCATION

- Maximum participation and ample practice opportunities for skill development
- Well-designed lessons that facilitate student learning
- Use of regular assessment to monitor and reinforce student learning

Quality Elementary PHYSICAL EDUCATION

- Full inclusion of all students
- Out of school assignments to monitor and reinforce student learning
- Appropriate discipline and class management (physical activity should never be used as punishment)

Quality Elementary PHYSICAL EDUCATION

- Fitness education and assessment to help children understand, improve and/or maintain their physical well-being.
- Adequate equipment and facilities for all students to be active at the same time
- Opportunities to improve emerging social and cooperative skills through physical activity and gain a multi-cultural perspective

**California
Physical Education
Content Standards**

Imagine...

- Students who have the knowledge to be their own personal trainers
- Students who have the skills to competently participate in a vast assortment of lifetime physical activities
- Students who understand the value of physical activity and good health

The Standards provide students with the skills and knowledge needed for a lifetime of participation in physical activity and good health.

Overarching Standards

1. Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities
2. Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities
3. Students assess and maintain a level of physical fitness to improve health and performance.
4. Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
5. Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

The Standards describe what students should *know* and *do* at each grade level.

Benefits

- Expectations are clear as to what students are expected to learn
- Instruction and assessment are based on the standards
- Students benefit from high quality, focused learning experiences

The physical education content standards and framework *will reform* the way physical education is taught in California.

Example of Standards-based Physical Education

Grade 1

Standard 1.12

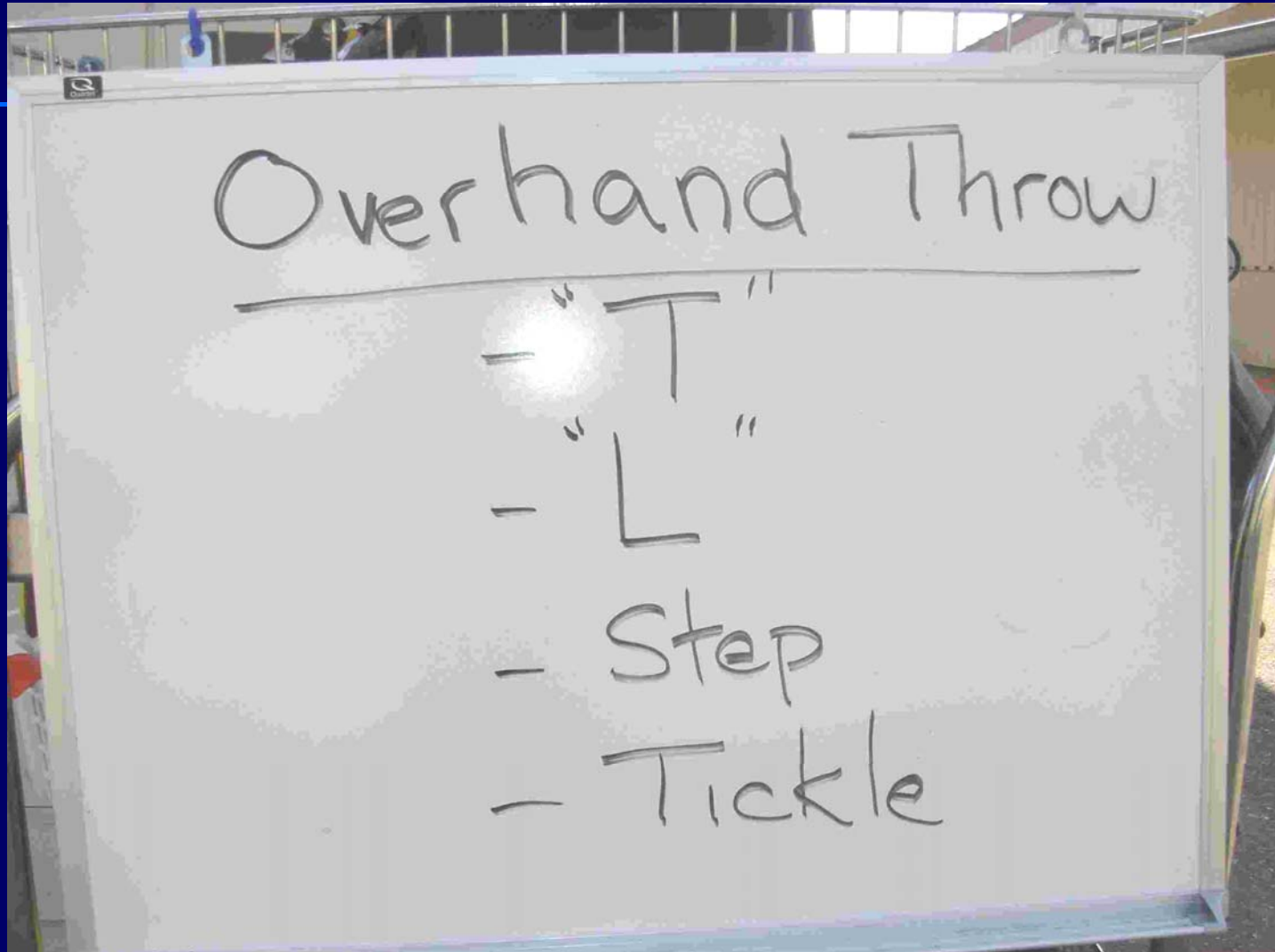
Demonstrate the overhand movement pattern

The criteria for success is shared with students:

Overhand throw

- Sideways to target
- Throwing arm bent to 90 degrees
- Step forwards with front foot
- Follow through to opposite thigh

Criteria for the overhand throw



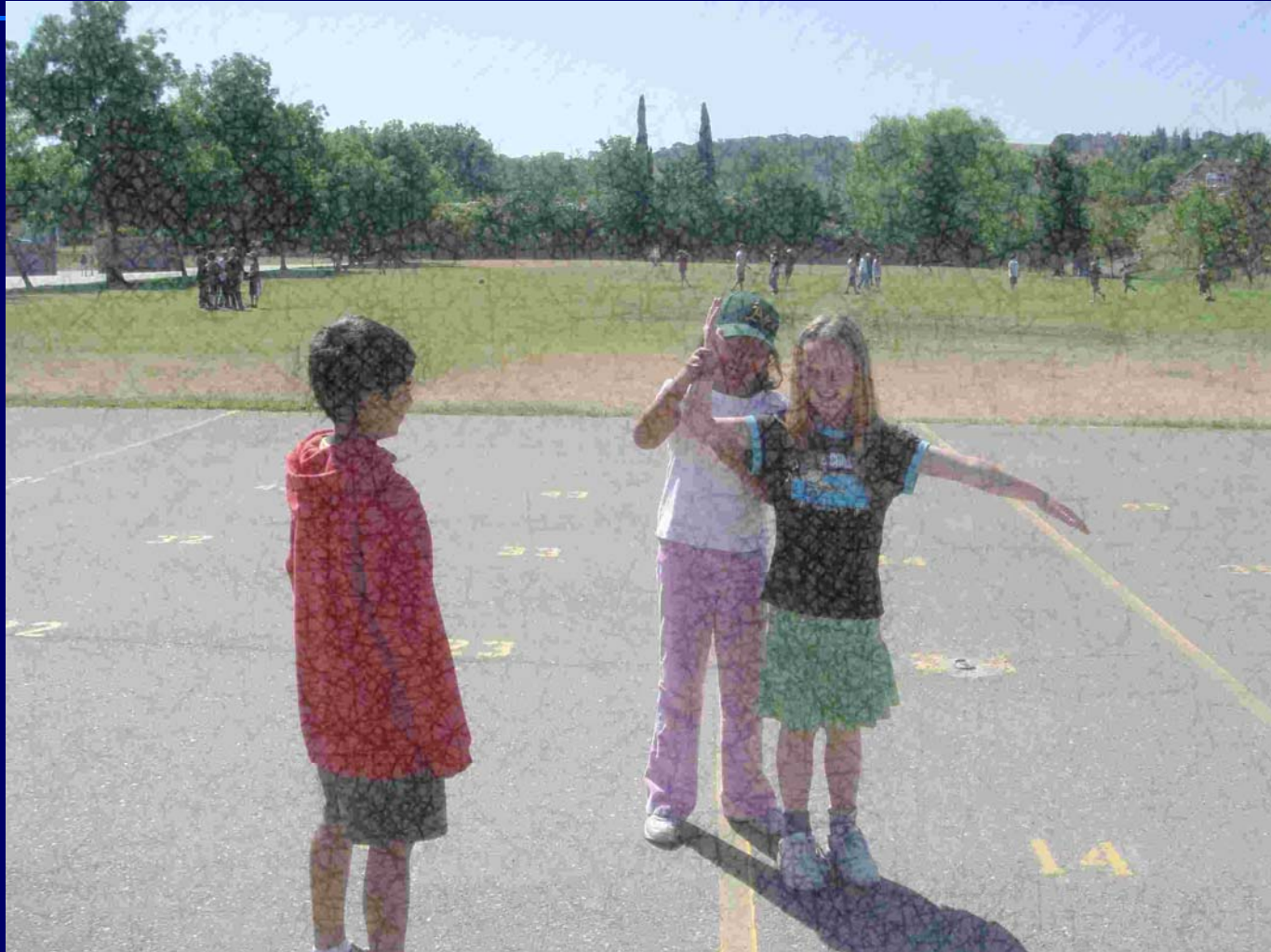
Lesson activities focus on the criteria



Assessments are embedded in instruction



Students are engaged in the learning process



Students learn the how's and why's of movement.



**Students are active, have fun,
and LEARN!**

