Quality Physical Education

NASPE’s Definition
National Association of Sport & Physical Education (NASPE)
- 1992: called together PE professionals to...
  - Develop national standards for PE
  - Define the term Quality PE (QPE)
  - Determine 3 fundamental questions to be answered

What is the purpose of QPE?
- ...to ensure that by the time young people graduate from high school they are a “physically educated person”
  - Physically Educated Person
document that spans the 3 domains of learning with 20 outcomes under 5 categories:
  - Has...
  - Is...
  - Does...
  - Knows...
  - Values...

What are the known benefits of a QPE program?
- Indirectly affects academic performance
- Desirable shifts in activity levels
- Improves motor skill and fitness
- Influences feelings about fitness and activity
- Improves body composition
- Increases knowledge about healthy lifestyles
- Improves muscular endurance (power & strength), balance & flexibility of the lower back

What are the characteristics of a QPE program?
- Developmentally appropriate PE considers:
  - developmental status
  - past movement experiences
  - fitness & skill levels
  - body size & age
- Instructionally appropriate considers the best known teaching methods for maximizing learning & success

QPE Update: What Constitutes a QPE Program?
NASPE updated & summarized the Quality PE document in 2003 to include three main points:
1. Opportunity to learn
2. Meaningful content
3. Appropriate instruction

Opportunity to Learn
- 150 min/week (elem) & 225 min/week (mid/high school)
- Qualified PE specialist providing a developmentally appropriate program
Adequate equipment & facilities

8 Meaningful Content
- Instruction in a variety of motor skills across all domains of learning
- Fitness education & assessment
- Development of cognitive concepts about motor skill & fitness
- Opportunities to improve emerging social/ cooperative skills
- Promotion of regular amounts of appropriate physical activity now & throughout life

9 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 & practice
- No physical activity for punishment
- Uses regular assessment to monitor & reinforce student learning

10 Healthy Active Children Policy
○ Summary:
1. Establishment of a School Health Advisory Committee
2. 150 minutes of PE activity per week grades K-8
3. Same class size as regular classes
4. Recess/physical activity shall not be taken away as punishment
5. Coordinate all related school health programs
   - Special programs & training
* #’s 2-4 specifically impact physical education/activity