# <sup>1</sup> Quality Physical Education

#### <sup>2</sup> NASPE's Definition

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

#### ₃ ■ What is the purpose of QPE?

- ...to ensure that by the time young people graduate from high school they are a "physically educated person"
  - o Physically Educated Person
    - document that spans the 3 domains of learning with 20 outcomes under 5 categories:
    - Has.
    - ls...
    - Does...
    - Knows...
    - Values...

#### 4 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

## <sup>5</sup> What are the characteristics of a QPE program?

- Developmentally appropriate PE considers:
  - o developmental status
  - o past movement experiences
  - o fitness & skill levels
  - o body size & age
- Instructionally appropriate considers the best known teaching methods for maximizing learning & success

## 6 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

## 

- 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

## 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

- o 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