

# Quality Physical Education

# “For the Health of Our Children”

## Physical Educators & Parents: A Working Partnership

*Developed by New York State Association for Health,  
Physical Education, Recreation and Dance  
2012*

# **WHY DO CHILDREN NEED PHYSICAL EDUCATION?**

**Physical education MUST be an  
integral part of the total education  
of every child in  
Kindergarten through Grade 12**

# **WHY DO CHILDREN NEED PHYSICAL EDUCATION?**

**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 they can be physically active for a lifetime.**

**Physical education programs can only provide these benefits if they are well-planned and well-implemented.**

# Components of a Quality Physical Education Program

- **Opportunity to Learn**
- **Meaningful Content**
- **Appropriate Instruction**
- **Student and Program Assessment**

# GOALS OF PHYSICAL EDUCATION

- To produce physically fit youth
- To teach the relationship between physical activity, physical fitness, and good health
- To promote the skills, knowledge, and attitude to help children lead active, healthy, and productive lives as adults.

*—from Louis W. Sullivan, M.D., U.S. Secretary of Health and Human Services*

# **What Parents Can Do To Help...**

**Physical Education teachers want what you want to empower your child to lead a healthy, happy, successful and productive life.**

**We can do that by ensuring that your child learns what they need to know to achieve these goals.**

# **What Parents Can Do To Help ...**

**Quality physical education requires a working partnership between parents and physical educators.**

**Good communication supports the goal of providing quality learning experiences for our children.**

**To help in this goal, you can:**

# What Parents Can Do To Help...

- **Advocate for quality physical education instruction and programs in your schools**
- **Support and encourage your child's participation in appropriate, enjoyable physical activities in and out of school**
- **Be a physically active role model for your child and participate in family activities that include physical activities**



# A Physically Educated Person

The National Association for Sport and Physical Education defines a physically educated person as someone who:

- Has learned the skills necessary to perform a variety of physical activities
- Is physically fit
- Participates regularly in physical activity
- Knows the implications of and the benefits from involvement in physical activities
- Values physical activity and its contribution to a healthy lifestyle

# What Parents Can Do To Help...

Is your child a  
physically educated person?

Are you?

# Research

*Donnelly and Lambourne 2011*

- **Physically active; aerobically fit children perform better in school**
- **Children who are physically active during the school day perform better on standardized test**
- **Opportunities for students to learn to manage personal and community resources**

# Research

*conclusions from the report of the Surgeon General of the United States, 1996*

- **All children benefit from regular structured physical activity**
- **Through daily activity, children can improve & maintain the health & quality of their lives**
- **Greater amounts of physical activity produce greater health benefits**

# Research

- Physical activity reduces the risk of premature coronary heart disease, hypertension, colon cancer, and diabetes
- Physical activity improves mental health and is important for the health of muscles, bones, lungs, and joints
- Physical activity reduces stress, helps control weight, and is a valuable use of leisure time

# Provide Quality Physical Education

- **Physical Education taught by certified physical education teachers**
- **Daily Physical Education for a minimum of 120 minutes per week for grades K-3**
- **Minimum of 120 minutes over three days a week for grades 4-6**
- **Grades 7-12 must have physical education no less than two days in one semester and three days in the second semester.**

# Provide Quality Physical Education

- Adequate equipment so that all students are active
- Incorporate appropriate technology
- Include formative and summative student assessment related to meaningful objectives

# Provide Quality Physical Education

- Provide for maximum participation at appropriate skill levels
- Provide a safe environment
- Provide an abundance and meaningful professional development for all teachers



# Did You Know?

**Evidence shows that physically active students have better learning readiness, attention, fewer behavior issues, and ultimately better academic outcomes.**

**(CDC. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010.)**

# Did You Know?

- **Children and adolescents need 60 minutes (1 hour) or more of physical activity each day.**

(CDC. Physical Activity for Everyone;

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>.)

# Did You Know?

**Approximately 17% (or 12.5 million) of children and adolescents aged 2-19 years are obese.**

**(From:[www.cdc.gov/obesity/data/trends.](http://www.cdc.gov/obesity/data/trends.html)**

**html; data from the National Health and Examination Survey (NHANES).**

# Did You Know?

**Overweight or obese youth are more likely than youth of normal weight to become overweight or obese adults.**

- (From: [www.cdc.gov/healthyyouth/obesity/index.htm](http://www.cdc.gov/healthyyouth/obesity/index.htm); citation: U.S. Surgeon General. *Overweight and Obesity: Health Consequences*. Rockville: MD; 2001.)

# ADVOCATE FOR QUALITY PHYSICAL EDUCATION

Contact your New York State Senators and  
Assembly Representatives

Go to [www.senate.state.ny.us](http://www.senate.state.ny.us)

Go to [www.assembly.state.ny.us](http://www.assembly.state.ny.us)

Contact your area's Board of Regents member

Go to <http://www.regents.nysed.gov/>

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