

QUALITY Physical Education

Quality Physical Education Programs Provide:

- ★ Challenging and innovative activities for students which promote positive, lifelong, healthy attitudes and safe behaviors.
- ★ Opportunities for students to develop skill-related fitness, such as:
 - balance
 - coordination
 - agility
 - strength
 - speed
- ★ Opportunities for students to learn to manage personal and community resources.
- ★ Opportunities for students to develop and maintain physical fitness, including:
 - cardiorespiratory endurance
 - flexibility & muscle strength
 - endurance
- ★ Opportunities to learn and apply skills and knowledge in a wide range of sports and lifetime activities.
- ★ Opportunities for students to develop personal living skills, including:
 - self esteem
 - respect for others
 - cooperation
 - collaboration
 - trust
 - communication
 - honesty and fair play
 - decision making
 - problem solving
 - conflict resolution
 - goal setting

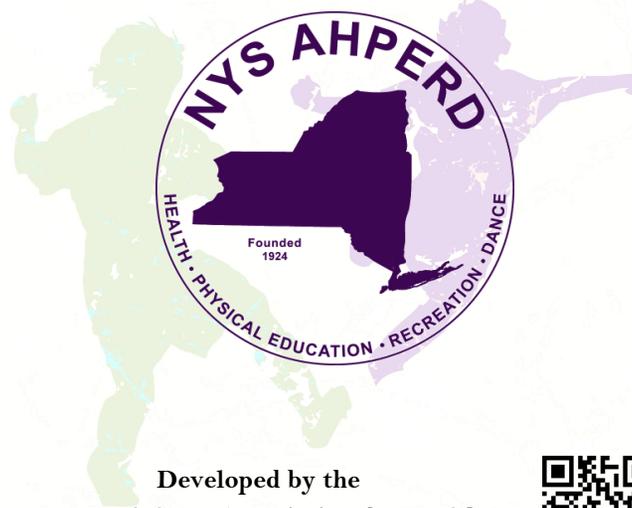
A Physically Educated Person

The National Association for Sport and Physical Education (NASPE) 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.

Is your child a physically educated person?

Are you?



Developed by the
New York State Association for Health,
Physical Education, Recreation & Dance, Inc



QUALITY Physical Education

Physical Educators
& PARENTS
A Working Partnership



"For The Health Of Our Children"

QUALITY Physical Education

Quality physical education programs emphasize enjoyable participation in physical activities that help students develop the knowledge, attitudes, motor skills, behavioral skills, and confidence needed to embrace and maintain physically active lifestyles.

Children need to be confident, healthy, and challenged.

Quality physical education helps them get - and stay - that way.



The Goals of Physical Education

There are **three** basic goals of physical education:

1. To produce physically fit youth;
2. To teach the relationship between physical activity, physical fitness, and health; and
3. 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*

Physical education teachers want what you want, to empower your child to lead a healthy, happy, successful and productive life. One way we can do that is by ensuring that your child learns what they need to know and be able to do to achieve these goals.

What the Research Says:

- ★ All children benefit from regular structured physical activity.
- ★ Through daily activity, children can improve and maintain the health and quality of their lives.
- ★ Physically active, aerobically fit children perform better in school.
- ★ Children who are physically active during the school day perform better on standardized tests.
- ★ Greater amounts of physical activity produce greater health benefits.
- ★ 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 to control weight, and is a valuable use of leisure time.

*- conclusions from the report of the
Surgeon General of the United States, 1996
and Donnelly and Lambourne, 2011*

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:

- ★ Advocate for quality physical education instruction and programs in our 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.
- ★ Be knowledgeable about Commissioners Regulation 135.4 related to physical education and be certain your child is receiving the required instruction.

Communities Can Help Too!

Using the resources in our community can add to the knowledge and experience of our children in their physical development. Our community should provide:

- ★ A range of age appropriate community sports and recreational activities that attract young people;
- ★ Access to a wide range of community resources such as YMCA's, YMHA's, youth clubs and centers, park facilities, fitness trails, golf courses; and
- ★ Community educational opportunities such as martial arts, dance classes, swimming programs, and other physical activities.