



Physical Education In Schools

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Lincoln Public Schools · Lincoln, Nebraska

An Open Letter to the Lincoln Community

As this new school year begins, we would like to remind you about the importance of physical activity education. The percentage of overweight youth has more than tripled in the past 25 years partially due to increased interest in sedentary activities such as television, computers, and video games. A reduction in physical activity as well as an increase in caloric intake has contributed to an obesity epidemic.

It is a well-documented fact that Americans become increasingly less active as they age. Just as children and youth can learn the habit of regular physical activity, they can learn to be inactive if they are not taught skills and given opportunities to be active during their childhood.

Physical activity education in school physical education programs is the cornerstone of an active lifestyle for all students. School programs provide the skills, knowledge and attitudes that facilitate choosing physical activity after school, at home and in the community. As highly-qualified physical education teachers, we pledge to:

- Establish a positive, safe learning environment for all students
- Teach a variety of physical activities that make physical education class fun and enjoyable
- Create maximum opportunities for students of all abilities to be successful
- Promote student honesty, integrity and good sportsmanship
- Guide students into becoming skillful and confident movers
- Facilitate the development and maintenance of physical fitness
- Assist students in setting and achieving personal goals
- Provide specific, constructive feedback to help students master motor skills
- Afford opportunities for students to succeed in cooperative and competitive situations
- Prepare and encourage students to practice skills and be active for a lifetime

This school year we would like to invite you to visit our physical education classes.

You will see students participating in developmentally appropriate activities that will help increase their physical competence, self-esteem and joy of being physically active no matter what their physical abilities may be. By enhancing students' physical activity education, we are certain we will be able to help them enjoy a lifetime of physical activity and good health. We welcome your support!

Sincerely,
Lincoln Public Schools
Physical Education Teachers

How is Your Child's School Doing?

The National Association for Sport and Physical Education (NASPE), which has been setting the standard for physical education for over 30 years, is committed to quality physical education for every student. Does your school's physical education program help every student attain the knowledge, skills and attitudes necessary for them to lead healthy, active and productive lives? This new school year NASPE urges principals, teachers and parents to conduct an assessment of their school's physical education program--evaluate its strengths and weaknesses and then encourage a plan for improvement where needed.

Here are 15 quick questions to ask:

1. Is physical education taught by a qualified teacher with a degree in physical education?
2. Do students receive formal instruction in physical education?
 - a. for a minimum of 150 minutes per week (elementary) and 225 minutes per week (middle and high school)? OR
 - b. at least 3 class periods per week for all grades the entire school year.
3. Is the physical education class size about 25-30 to ensure safe, effective instruction?
4. Is there adequate equipment for every student to be active?
5. Is technology incorporated on a regular and continuing basis?
6. Are indoor and outdoor facilities safe and adequate (so that physical education classes need not be displaced by other activities)?
7. Is there a written mission statement and sequential curriculum based on state and/or national standards that are implemented appropriately in physical education?
8. Are formative and summative assessments of student learning included in the physical education program, and are they related to meaningful content objectives?
9. Does the program provide for maximum participation for every student (e.g., inclusion, no elimination games, all students active at once, developmentally appropriate activities, etc)?
10. Does the program help to systematically develop the physical, cognitive and social - emotional aspects of each student?
11. Do the physical education teachers regularly participate in physical education professional development activities and have memberships in related professional organizations?
12. Do the physical education teachers receive student health information and have a plan for handling emergencies?
13. Is there regular periodic evaluation by administrators of the physical education program and teacher performance?
14. Do the physical education teachers communicate with each other and parents on a frequent basis?
15. Do the physical education teachers seek feedback for improvement from students, peers, and parents as a means for program evaluation and improvement?



A nonprofit professional membership organization, NASPE is the only national association supporting K-12 physical education programs and physical educators. Through its nearly 18,000 members, NASPE develops and supports physical activity, physical education and sport programs that promote healthy behaviors and enhance individual well-being. NASPE is an association of the American Alliance for Health, Physical Education, Recreation and Dance.



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**Get Moving!
Get Healthy!**

Regular physical activity helps to prevent illness and improves the overall quality of life. That is why Lincoln's Physical Activity Council is working to get *LINCOLN IN MOTION!*

LINCOLN IN MOTION can help you achieve a healthier lifestyle. Check out our website for more information on our vision statement, *LINCOLN IN MOTION* partners, sponsorship opportunities, promotional tools, and a schedule of events.

www.lincolninmotion.org