

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](http://www.cdc.gov/obesity/data/trends.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; 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

Go to www.assembly.state.ny.us

Contact your area's Board of Regents member

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

**BECOME A MEMBER OF NEW YORK
STATE ASSOCIATION FOR HEALTH,
PHYSICAL EDUCATION, RECREATION
AND DANCE
(NYS AHPERD)**

<http://www.nysahperd.org/membership.htm>