

Quality Physical Education: How Does Your Program Rate?



The National Association for Sport and Physical Education (NASPE), which has been setting the standard for the profession for over 32 years, is committed to quality physical education for EVERY student. Does your school's physical education program help all students attain the knowledge, skills and attitudes necessary for them to lead healthy, active and productive lives? NASPE urges principals, teachers and parents to conduct an assessment of their school's physical education program by evaluating its strengths and weaknesses, and preparing 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?	YES	NO
2.	Do students receive formal instruction in physical education for a minimum of 150 minutes per week (elementary) and 225 minutes per week (middle and high) the entire school year?	YES	NO
3.	Is the physical education class size similar to other content areas to ensure safe, effective instruction?	YES	NO
4.	Is there adequate equipment for every student to be active?	YES	NO
5.	Is appropriate technology incorporated on a regular and continuing basis?	YES	NO
6.	Are indoor and outdoor facilities safe and adequate (so that physical education classes need not be displaced by other activities)?	YES	NO
7.	Is there a written mission statement and sequential curriculum based on state and/or national standards for physical education?	YES	NO
8.	Are formative and summative assessments of student learning included in the physical education program, and are they related to meaningful content objectives?	YES	NO
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.)?	YES	NO
10.	Does the program help to systematically develop the physical, cognitive, social and emotional aspects of each student?	YES	NO
11.	Do the physical education teachers regularly participate in physical education professional development activities and have memberships in related professional organizations?	YES	NO
12.	Do the physical education teachers receive student health information and have a plan for handling emergencies?	YES	NO
13.	Is there regular periodic evaluation by administrators of the physical education program and teacher performance?	YES	NO
14.	Do the physical education teachers communicate with other educators, administrators and parents on a frequent basis?	YES	NO
15.	Do the physical education teachers seek feedback for improvement from students, peers, and parents as a means for program evaluation and improvement?	YES	NO

Source: National Association for Sport and Physical Education. www.aahperd.org/naspe/pdf_files/2004PEchecklist.pdf

CanDo – Coalition for Activity and Nutrition to Defeat Obesity

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