



National Association for Sport & Physical Education

an association of the American Alliance for Health, Physical Education, Recreation and Dance

NASPE Sets the Standard

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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 including Limited English Proficiency (LEP) and those with special needs. 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: a. for a minimum of 150 minutes per week (elementary) and 225 minutes per week (middle and high)? OR b. for at least 3 class periods per week for all grades 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, administration 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 ?



Setting the Standard

HOW DID YOU DO?

If you answered “YES” to all of the questions on the Physical Education Check-up, your school may be able to qualify for the NASPE STARS national recognition program for quality physical education programs. For more information, visit www.naspeinfo.org/stars.

If you answered “NO” to one of more of the questions on the Physical Education Check-up, please utilize this Action Plan for Quality Physical Education to get you started improving your school physical education program. NASPE has the necessary physical education standards, opportunity to learn standards, appropriate instructional practices, professional in-service programs and assessment tools to help you. Call 1-800-321-0789 or visit our website at www.naspeinfo.org.

Action Plan for Quality Physical Education

Criteria	Action	Short Term Objectives/ Goals	Long Term Objectives / Goals	Criteria Met
<i>List any questions with a “NO” response from the physical education check-up.</i>	<i>How do you propose to change this to a “YES” response? List action steps here.</i>	<i>List specific goals for the first 1-3 years.</i>	<i>List specific goals for the next 3-5 years.</i>	<i>Place the date of success here!</i>

The preeminent national authority on physical education and a recognized leader in sport and physical activity, the National Association for Sport and Physical Education (NASPE) is a non-profit professional membership association that sets the standard for practice in physical education and sport. NASPE’s 17,000 members include: K-12 physical education teachers, coaches, athletic directors, athletic trainers, sport management professionals, researchers, and college/university faculty who prepare physical activity professionals. The mission of NASPE is to enhance knowledge, improve professional practice, and increase support for high quality physical education, sport and physical activity programs through research, development of standards, and dissemination of information. It is the largest of the five national associations that make the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD).