

## VAHPERD

### Position Statement for Physical Education Instructional Programs

The instructional program in Physical Education is an essential component of the total education experience in grades k-12. **Physical Activity and Health A Report of the Surgeon General** emphasizes that physical activity and exercise are important to good health. A quality physical education instructional program enables all children and youth to develop the skills and knowledge needed for an active lifestyle, through participation in a variety of activities.

- **A quality physical education program** is designed, taught, and assessed by competent, licensed physical education specialist. Outcomes in a quality instructional program are clearly stated so learning activities can be arranged in a developmentally appropriate sequence. Grade level bench marks, as presented in the **National Standards for Physical Education**, are incorporated into the evaluation of both student performance and the effectiveness of the instructional program
- A quality physical education program provides at least 30 minutes of daily physical education for kindergarten and at least 40 minutes in grades 1-8. In grades 9-12 students are given sufficient instruction in physical education (four years) to become proficient in a few of the activities offered.
- A quality **physical education program** provides adequate indoor and outdoor facilities, and is maintained to meet safety standards. Quality equipment and supplies are provided in sufficient quantity to allow maximum learning opportunities for all students.
- A **quality physical education** program incorporates a variety of teaching strategies to meet the needs and learning styles of all students. including teacher-directed and student-directed learning.
- **A quality physical education program** provides evidence of appropriate authentic assessment of specific outcomes at each grade level.
- **A quality physical education program** is adapted for those students who have special needs. To the extent it is feasible, all students take part in the regular physical education class. Special classes are scheduled for individuals who have needs that cannot be met through participation in the regular program.

**A quality physical education program**, which meets the above standard, motivates and inspires students to pursue a lifetime of physical activity.

- I. U.S. Department of Health and Human Services: *Physical Activity and Health A Report of the Surgeon General*, 1996, Washington, D.C. Centers for Disease Control and Prevention
2. The National Association for Sport and Physical Education: *Moving Into the Future National Standards for Physical Education A Guide to Content and Assessment*, 1995, Reston, Virginia, Mosby