

Characteristics of Quality Physical Education

Quality physical education

- Emphasizes knowledge and skills for a lifetime of physical activity.
- Is based on national standards that define what students should know and be able to do.
- Keeps students active for most of class time.
- Provides many different physical activity choices.
- Meets needs of **all** students, especially those who are not athletically gifted.
- Features cooperative, as well as competitive, games.
- Develops student self-confidence and eliminates practices that humiliate students (e.g., having team captains choose sides, dodgeball and other games of elimination).
- Assesses students on their progress in reaching goals, not on whether they achieve an absolute standard.
- Promotes physical activity outside of school.
- Teaches self-management skills, such as goal-setting and self-monitoring.
- Focuses, at the high school level, on helping adolescents make the transition to a physically active adult lifestyle.
- Actively teaches cooperation, fair play, and responsible participation in physical activity.
- Is an enjoyable experience for students.

Source: Centers for Disease Control and Prevention.