



## Content Standards for Physical Education

### The Physically Educated Person:

1. Demonstrates competency in many movement forms and proficiency in a few movement forms.
2. Applies movement concepts and principles to the learning and development of motor skills.
3. Exhibits a physically active lifestyle.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Demonstrates responsible personal and social behavior in physical activity settings.
6. Demonstrates understanding and respect for differences among people in physical activity settings.
7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

## Resources

Published by NASPE/AAHPERD to support quality physical education programs. Available for purchase by calling 1-800-321-0789.

*Moving into the Future: National Standards for Physical Education, A Guide to Content and Assessment*, 1995. Four Parts:

Full Document  
Introduction  
Poster  
Flyer

*Outcomes of Quality Physical Education Programs*, 1992.

*Looking at Physical Education from a Developmental Perspective: A Guide to Teaching*, 1994.

*Developmentally Appropriate Practice in Movement Programs for Young Children Ages 3-5*, 1994.

*Developmentally Appropriate Physical Education Practices for Children*, 1992.

*Appropriate Practices for Middle School Physical Education*, 1995.

*Appropriate Practices for Secondary School Physical Education*, (available, 1996).

*Guidelines and Program Appraisal Checklists for School Physical Education Programs*.

Elementary, revised 1994.

Middle School, revised 1992.

Secondary, revised 1992.

*Physical Best*, 1989. AAHPERD guide to physical fitness education.

*Prudential Fitnessgram. Assessment of health-related physical fitness. TO ORDER CALL (800)635-7050.*

*Physical Activity and Well-Being*, 1986. Seefeldt, V., Ed.

*The Value of Physical Activity*, 1986. Seefeldt, V., Ed.

*Physical Activity and Sport for the Secondary School Student*, 1993. Dougherty, N., Ed.

NASPE, an association of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), is a non-profit membership organization.

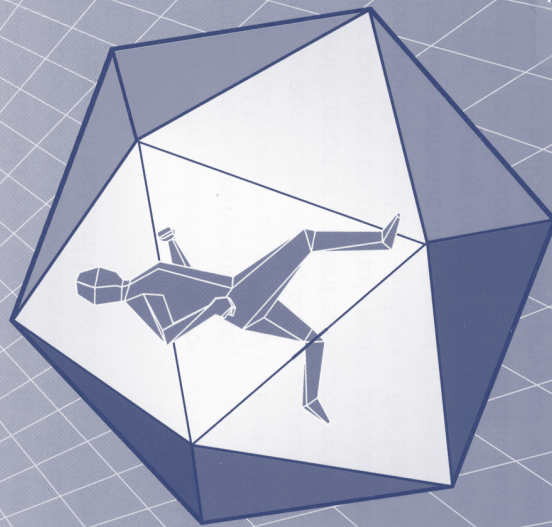
Printed by Mosby-Year Book, Inc.

Book code: 28259



National Association for Sport  
and Physical Education

## Moving Into The Future National Standards for Physical Education



APPENDIX 11

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## The Development of Standards for School Physical Education: An Overview



# Definition of a Physically Educated Person

To answer the question, "What should students know and be able to do?" in physical education, the Outcomes Committee of the National Association for Sport and Physical Education developed the *Outcomes of Quality Physical Education* (1992).

This document defined a physically educated person, expanded that definition by identifying twenty outcomes for physical education, and provided sample benchmarks for grades K-12 in two-year intervals. Following publication, the NASPE Standards and Assessment Task Force was appointed to develop content standards and assessment material based on the Outcomes work.

The work of the Task Force is consistent with the national reform movement in education, calling for the establishment of national content standards for each area of the school curriculum. The identification of content standards and the further clarification of what quality physical education should provide to students is the basis for addressing authentic assessment in physical education. *Moving Into The Future: National Standards for Physical Education* establishes a blue print for building quality physical education programs. It is not a curriculum, but rather a guide for the development of curricula that best address situational needs.

This first ever document provides a general description of each content standard followed by the presentation of standards for grades K-12 in two-year intervals. Also included with each grade level standard are suggested benchmarks and assessment examples.

## The Physically Educated Person:



**KNOWS** the implications of and benefits from involvement in physical activities

11. ...identifies the benefits, costs and obligations associated with regular participation in physical activity.
12. ...recognizes the risk and safety factors associated with regular participation in physical activity.
13. ...applies concepts and principles to the development of motor skills.
14. ...understands that wellness involves more than being physically fit.
15. ...knows the rules, strategies and appropriate behaviors for selected physical activities.
16. ...recognizes that participation in physical activity can lead to multi-cultural and international understanding.
17. ...understands that physical activity provides the opportunity for enjoyment, self-expression and communication.



**HAS** learned skills necessary to perform a variety of physical activities

1. ...moves using concepts of body awareness, space awareness, effort and relationships.
2. ...demonstrates competence in a variety of manipulative, locomotor and nonlocomotor skills.
3. ...demonstrates competence in combinations of manipulative, locomotor and nonlocomotor skills performed individually and with others.
4. ...demonstrates competence in many different forms of physical activity.
5. ...demonstrates proficiency in a few forms of physical activity.
6. ...has learned how to learn new skills.



**IS** physically fit

7. ...assesses, achieves and maintains physical fitness.
8. ...designs safe, personal fitness programs in accordance with principles of training and conditioning.



**DOES** participate regularly in physical activity

9. ...participates in health enhancing physical activity at least three times a week.
10. ...selects and regularly participates in lifetime physical activities.



**VALUES** physical activity and its contribution to a healthful lifestyle

18. ...appreciates the relationships with others that result from participation in physical activity.
19. ...respects the role that regular physical activity plays in the pursuit of lifelong health and well-being.
20. ...cherishes the feelings that result from regular participation in physical activity.