

### Suggested Instructional Themes in Physical Education

- Physical, social, and mental health benefits of lifelong physical activity and physical fitness.
- Development of motor skills.
- Competency in movement forms.
- Components of health-related fitness.
- Phases of a workout.
- How much physical activity is enough.
- Safe and unsafe weight management and conditioning practices.
- Balancing food intake and physical activity.
- Personal assessment of one's own health-related fitness.
- Development of safe and effective personal activity plans.
- Monitoring progress toward achieving personal activity goals.
- Social aspects of physical activity including practicing responsible behaviors.
- Overcoming barriers to physical activity.
- How to find valid information or services related to physical activity and fitness.
- Opportunities for physical activity in the community.
- Dangers of using performance-enhancing drugs such as steroids.
- Weather-related safety.
- Disease and injury prevention and proper emergency response.

*Source:* National Association of State Boards of Education. Fit, healthy and ready to learn: a school health policy guide; Part I: physical activity, healthy eating and tobacco-use prevention. Alexandria, VA: National Association of State Boards of Education, 2000.