

ADVOCATING FOR QUALITY PHYSICAL EDUCATION

The Physical Education programs at many schools and school districts throughout the country are facing challenges and cuts due to severe budgetary constraints. NASPE hopes that the information in this resource will provide physical educators, administrators and parents with the tools they need to advocate for quality physical education and address the specific issues that arise from the school board level to the State legislature.

Issue	NASPE Position Statements & Resources	Other Resources
Defining Physical Education	<ul style="list-style-type: none"> * What Constitutes a Quality Physical Education Program * Physical Education is Critical to a Complete Education * Difference Between Physical Education and Physical Activity * Quality Physical Education–National Standards * Top Ten Reasons for Quality Physical Education * Why Children Need Physical Education * Quality Physical Education Program Checklist 	
Academic Achievement Correlates with Physical Education		<ul style="list-style-type: none"> * CDC Student Health and Academic Achievement * Robert Wood Johnson Foundation brief * Texas Study Shows Fitness Improves Test Scores * Massachusetts Study: Fitness Improves Test Scores * NC Study Shows Academic Benefits of PA/PE * Academic Benefit of Physical Education * Int. Journal of Behavioral Nutrition & PA
Recess in Elementary School	* Recess for Elementary School Students (2006)	Journal of Pediatrics study supports Recess

*Available for down load

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For assistance or additional information, contact:

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Issue	Resources	Other Resources
BMI Requirement		MA BMI Requirement CDC Summary of BMI Measurement in Schools
Certified Teachers & Professional Development	<ul style="list-style-type: none"> *What Constitutes a Highly Qualified Physical Education Teacher? (2007) *Teaching Tools for Higher Education *Physical Activity and Fitness Recommendations for Physical Activity Professionals (2002) *Physical Education Teacher Evaluation Tool(2007) State Requirements for Teacher Certification 	
Waivers/Substitutions	<ul style="list-style-type: none"> *Opposing Substitution and Waivers/Exemptions for Required Physical Education 	Article opposing ROTC substitution for Physical Education CAHPERD Letter Opposing Substitution
Appropriate Practices in Physical Education	<ul style="list-style-type: none"> **Appropriate Practice in Movement Programs for Young Children, **Appropriate Practices for Elementary School Physical Education **Appropriate Practices for Middle School Physical Education **Appropriate Practices for High School Physical Education 	

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Issues	NASPE Resources	Other Resources
Minutes in Physical Education	<ul style="list-style-type: none"> *Appropriate Maximum Class Length for Elementary Physical Education (2008) **Opportunities to Learn Standards for Elementary School **Opportunities to learn Standards for Middle School **Opportunities to Learn Standards for High School 	<p>CDC's Recommendations for Addressing Obesity July 2009</p> <p>CA PERK Project—Non-Compliance w/ Minutes Requirements</p>
Class Size in Physical Education (Teacher-Student Ratio)	<ul style="list-style-type: none"> *Teaching Large Class Sizes in Physical Education (2006) **Opportunities to Learn Standards for Elementary School **Opportunities to learn Standards for Middle School **Opportunities to Learn Standards for High School 	
Assessment in Physical Education	<ul style="list-style-type: none"> **Standards-Based Assessment of Student Learning: A Comprehensive Approach, 2nd Edition (2007), Stock No. 304-10307 **PE Metrics: Assessing the Standards, Standard 1 Elementary, (2008), Stock. No. 304-10458 **Authentic Assessment of Physical Activity for High School Students (2002), Stock No. 304-10216 **Assessing Student Outcomes in Sport Education (2003), Stock No. 304-10219 **Assessing and Improving Fitness in Elementary Physical Education, 2nd Edition (2008), Stock No. 304-10436 **Assessment in Games Teaching (1999), Stock No. 304-10212 **Assessing Motor Skills in Elementary Physical Education (1999), Stock No. 304-10207 **Assessing Student Responsibility and Teamwork (1999), # 304-10210 	

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Standards	<p>**NASPE National Standards for Physical Education *State Standards for Physical Education *Shape of the Nation Report 2006</p>	
Issues in Sport	<p>**Coaching Issues & Dilemmas: Character Building Through Sport Participation, (2003), Stock No. 304-10270 **Liability and Safety in Physical Education and Sport,(2002), Stock No. 304-10252 **Principles of Safety in Physical Education and Sport, (2002), Stock No. 304-10251 **Quality Coaches, Quality Sports: National Standards for Sport Coaches , 2nd</p>	
Exercise as Punishment	NASPE Position Statement due soon.	
School-based Physical Education increases School PA	* Comprehensive School Physical Activity Programs	Journal of Adolescent Health (2009)

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