

The Mission

The mission of physical education is to empower all students to engage in regular lifelong physical activity as a foundation for a healthy, productive and fulfilling life. This will be achieved by teaching skills, providing knowledge and developing values which are the bases for a physically active life style. This mission's intent will be conducted in an active, caring supportive and non-threatening atmosphere of learning in which every student is challenged and successful.

Student Outcomes in Physical Education

Through physical education instruction, students will:

- ♦ Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- ♦ Demonstrate the understanding of movement concepts, principals, strategies, and tactics as they apply to the learning and performance of physical activities.
- ♦ Participate regularly in physical activity
- ♦ Achieve and maintain a health enhancing level of physical fitness
- ♦ Exhibit responsible personal and social behavior that shows respect for self and others in physical activity settings.
- ♦ Learn to value physical activity for health, enjoyment, challenge, self expression, and/or social interaction.

NASPE Standards

Physical Education is for ALL Students

P—Physical Fitness

H—Health

Y—Your Child's Future

S—Safety and Social Skills

I—Integrity

C—Character

A—Activities

L—Life-Long Learning

E—Exercise

D—Discipline

U—Understanding Self and Others

C—Cooperation

A—Active lifestyle

T—Tolerance

I—Inspiration

O—Optimal Wellness

N—Now is the Time to Begin

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Guide to New York State Learning Standards in Physical Education

- ♦ **Personal Health and Fitness**
Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity and maintain personal health.
- ♦ **A Safe and Healthy Environment**
Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy living environment.
- ♦ **Resource Management**
Students will understand and be able to manage their personal and community resources.



New York State United Teachers

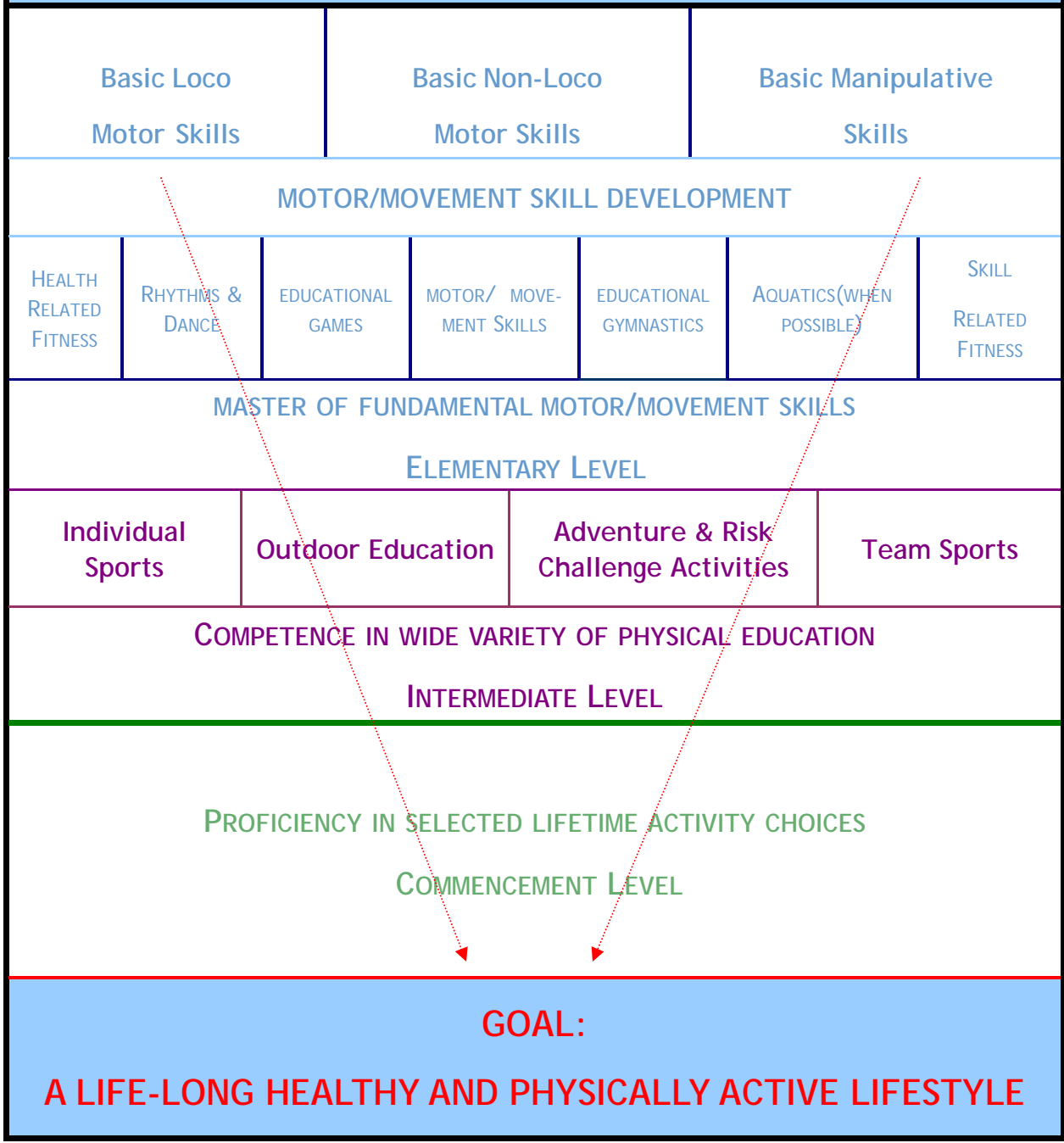
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The K-12 Physical Education Program



Personal Fitness/Wellness

Elements of Health Related Fitness:

- Cardiovascular Endurance
- Muscle Strength and Endurance
- Flexibility
- Body Composition

Elements of Human Wellness:

- Disease Risk Reduction
- Safety
- Stress Management
- Nutrition
- Effects of the Aging Process

Elements of Skill Related Fitness:

- Balance
- Coordination
- Agility
- Reaction Time
- Speed

Personal Living Skills

Self-Reliance

- Self-control
- Self-expression
- Accountability
- Courage

Personal Management Skills:

- Decision maker
- Self-learner
- Honest/fair
- Ethical
- Diligent
- Preserving

Social Skills

- Respect for others
- Communication
- Collaboration
- Cooperation
- Competition
- Leadership
- Fellowship