



# National Association for Sport & Physical Education

An Association of the American Alliance for Health, Physical Education, Recreation and Dance

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## It's Time for Your School's Physical Education Checkup: How Are You Doing?

The National Association for Sport and Physical Education (NASPE), which has been setting the standard for the profession for over 30 years, is committed to quality physical education for every student including Limited English Proficiency (LEP) and those with special needs. Does your school's physical education program help every student attain the knowledge, skills and attitudes necessary for them to lead healthy, active and productive lives? This new school year NASPE urges principals, teachers and parents to conduct an assessment of their school's physical education program--evaluate its strengths and weaknesses and then encourage a plan for improvement where needed. Here are 15 quick questions to ask:

1. Is physical education taught by a qualified teacher with a degree in physical education?	Yes ? No ?
2. Do students receive formal instruction in physical education: a. for a minimum of 150 minutes per week (elementary) and 225 minutes per week (middle and high)? OR b. at least 3 class periods per week for all grades the entire school year.	Yes ? No ?
3. Is the physical education class size about 25-30 to ensure safe, effective instruction?	Yes ? No ?
4. Is there adequate equipment for every student to be active?	Yes ? No ?
5. Is technology incorporated on a regular and continuing basis?	Yes ? No ?
6. Are indoor and outdoor facilities safe and adequate (so that physical education classes need not be displaced by other activities)?	Yes ? No ?
7. Is there a written mission statement and sequential curriculum based on state and/or national standards that are implemented appropriately in physical education?	Yes ? No ?
8. Are formative and summative assessments of student learning included in the physical education program, and are they related to meaningful content objectives?	Yes ? No ?
9. Does the program provide for maximum participation for every student (e.g., inclusion, no elimination games, all students active at once, developmentally appropriate activities, etc)?	Yes ? No ?
10. Does the program help to systematically develop the physical, cognitive and social - emotional aspects of each student?	Yes ? No ?
11. Do the physical education teachers regularly participate in physical education professional development activities and have memberships in related professional organizations?	Yes ? No ?
12. Do the physical education teachers receive student health information and have a plan for handling emergencies?	Yes ? No ?
13. Is there regular periodic evaluation by administrators of the physical education program and teacher performance?	Yes ? No ?
14. Do the physical education teachers communicate with each other and parents on a frequent basis?	Yes ? No ?
15. Do the physical education teachers seek feedback for improvement from students, peers, and parents as a means for program evaluation and improvement?	Yes ? No ?



## Setting the Standard

### HOW DID YOU DO?

If you answered “YES” to all of the questions on the Physical Education Check-up, your school may qualify for the NASPE STARS national recognition program for quality physical education programs. For more information, visit [www.naspeinfo.org/stars](http://www.naspeinfo.org/stars).

If you answered “NO” to one of more of the questions on the Physical Education Check-up, please utilize this Action Plan for Quality Physical Education to get you started improving your school physical education program. NASPE has the necessary physical education standards, opportunity to learn standards, appropriate instructional practices and assessment tools to help you. Call 1-800-321-0789 or visit our website at [www.naspeinfo.org](http://www.naspeinfo.org).

## Action Plan for Quality Physical Education

<b>Criteria</b>	<b>Action</b>	<b>Short Term Objectives/ Goals</b>	<b>Long Term Objectives / Goals</b>	<b>Criteria Met</b>
<i>List any questions with a “NO” response from the physical education check-up.</i>	<i>How do you propose to change this to a “YES” response? List action steps here.</i>	<i>List specific goals for the first 1-3 years.</i>	<i>List specific goals for the next 3-5 years.</i>	<i>Place the date of success here!</i>

A nonprofit professional membership organization, NASPE is the only national association supporting K-12 physical education programs and physical educators. Through its nearly 18,000 members, NASPE develops and supports physical activity, physical education and sport programs that promote healthy behaviors and enhance individual well-being. NASPE is an association of the American Alliance for Health, Physical Education, Recreation and Dance.