



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 ?