The “New P.E.” is really about Quality Physical Education. The emphasis is on appropriate teaching practices and standard based assessments and curriculum. A variety of teaching styles are used, assessment is on-going, activities are modified and time on task is high. Learning fundamental motor skills, team-building challenges, health-related fitness and life-long activities are the foundation of quality physical education.

**What is Quality Physical Education?**

**Quality Physical Education:**
- Is taught by a certified physical educator who is trained in best practices
- Is delivered using a variety of teaching styles and instructional strategies that allow students to participate in safe, meaningful and developmentally appropriate activities
- Emphasizes process rather than product
- Uses a written sequential curriculum that aligns with the state Physical Education Standards
- Is supported with adequate facilities and equipment for every student to participate and benefit from a diverse curriculum

**What does Quality Physical Education look like?**

**Quality Physical Education look like:**
- Students are moving the majority of the class time (National Association for Sport & Physical Education recommends 70%)
- Students are participating in a safe learning environment
- Appropriate instruction is provided to meet the needs of all students
- Students have the opportunity to learn by providing adequate time, equipment and facilities for both teaching and learning

**How can you support Quality Physical Education at your school?**

- Make sure your physical education teacher is certified to teach physical education
- Provide adequate time during the school day/week for a quality physical education program
- Provide quality, accessible classes for all children, including students with disabilities
- Provide adequate amounts of developmentally appropriate equipment for a variety of activities

**For more information about Quality Physical Education:**

www.aahperd.org/NASPE

www.ActionForHealthyKids.org – click on the NM state webpage to refer to the NM Wellness Toolkit