

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



## Why implement Quality Physical Education?

Quality Physical Education provides students with opportunities to:

- Take responsibility for their own health and fitness
- Develop motor skills for future experiences
- Make cognitive connections with physical activities
- Work cooperatively
- Respect diversity
- Enjoy physical movement
- Value a healthy and physically active lifestyle

## What does

## 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](http://www.aahperd.org/NASPE)

[www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org) – click on the NM state webpage to refer to the NM Wellness Toolkit