

Physical Education Voluntary State Curriculum

Rationales

Standard 1: Skillfulness

A physically educated person demonstrates competency in many movement forms. The one attribute that differentiates physical education from all other academic areas is its unique kinesthetic contribution to the education of the whole child. In addition to physical development, physical education provides opportunities for students to be creative, cooperative and competitive, and to face different challenges as individuals, in pairs, and in small groups. Students are afforded multiple opportunities to learn, practice, and refine movement and skills as they evaluate actions, ideas, and performances that improve their quality of movement.

Standard 2: Biomechanical Principles

Biomechanics is the application of mechanical principles in the study of human movement. Biomechanical concepts provide a basis for understanding the ways in which human movement during exercise, sport, dance, and daily living activities can be executed safely. It is important for students to understand and apply these essential concepts: range of motion, force generation and absorption, inertia, momentum, balance, principles of rotation, torque, and velocity. As students apply these concepts, they improve their movement skills and maximize their performance and efficiency while minimizing the risk of injury.

Standard 3: Motor Learning Principles

Motor learning is the study of change in the ability of an individual to perform a skill. Successful performance is based on appropriate practices over time and corrective feedback during skill development. Physical education teachers are committed to teaching students fundamental and complex skills while providing ample opportunities to practice, refine, and master these skills. Helping students develop the ability to “learn how to learn” and giving students the knowledge they need to learn independently will help them later in life when they need to acquire and apply new skills.

Standard 4: Exercise Physiology

Exercise Physiology is the study of how the body systems of humans react and function during exercise and rest. Exercise physiology incorporates information from other disciplines such as: chemistry, physics, anatomy, and kinesiology as well as the current practices related to fitness and exercise. Health-related and skill-related fitness components and proper warm-up and cool down techniques, are important for recognizing effective training principles that are essential for safe participation in exercise routines.

Standard 5: Physical Activity

Physical activity includes any form of exercise or movement of skeletal muscles which results in an expenditure of energy. Physical activity offers many health benefits

including improved fitness levels, better weight control, and a lower risk for health related illnesses. Research suggests that regular physical activity assists in improved academic performance and reduces the risk for depression and the debilitating effects of stress. Physical activity during the school day that includes time spent in physical education class, classroom-based movement, and recess is a critical component of the instructional program. Additional opportunities for movement outside the school day should include intramural and interscholastic sports, walking or biking to school, recreational participation, or free-play. Special consideration should be given to those with unique physical activity needs and those who have greater risk for a sedentary lifestyle.

Standard 6: Social Psychological Principles

Social Psychology is the study of the social development of individuals. It examines the interaction of human beings and effects on thought, emotion, and behavior of self and others. The nature of physical activity and sport presents abundant opportunities for students to develop social psychological knowledge and skills. Physical education provides a learning environment that is conducive to building positive student self-concept and self-esteem while providing opportunities to help students interact cooperatively and respectfully, solve conflicts in constructive and peaceful ways, and safely participate in class. Physical education also provides opportunities to develop self-efficacy which relates to a person's perception of their ability to reach a goal or belief that one is capable of performing in a certain manner to attain certain goals.