

PHYSICAL EDUCATION

The School Committee encourages student participation in physical education while in school, to promote health and allow students the opportunity to develop the habit of being physically active for life.

Physical activity is defined as bodily movement of any type and may include but is not limited to recreational, team sports, fitness, and daily activities such as walking, running, climbing, gardening, dance, yoga, swimming and stretching.

The intended outcome of physical education is to develop a physically educated person. The National Association for Sport and Physical Education describes a physically educated person in their standards.

The National Standards for Physical Education are*:

- Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- Standard 3: Participates regularly in physical activity.
- Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
- Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

The physical education national standards are intended to develop physically-educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. The purpose of the National Standards is to provide the framework for quality physical education.

The School Committee supports a sequential K-12 program with appropriate physical activity and goals for elementary, middle, and high school students in accordance with state requirements.

SOURCE: MASC

***American Association of Health, Physical Education, Recreation and Dance. Moving into the Future: National Standards for Physical Education, 2nd Edition, 2004. Retrieved from <http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>**

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