Student-Friendly National Standards for K-12 Physical Education

Society for Health and Physical Educators – SHAPE America has developed a new classroom tool to help secondary school physical educators guide their students along the path to physical literacy by stating the National Standards for K-12 Physical Education in language that adolescents and young adults can understand and relate to.

**Student-Friendly National Standards for K-12 Physical Education** comes in response to requests from SHAPE America members for a way to help their students understand and use SHAPE America’s National Standards for K-12 Physical Education on a daily basis. Those National Standards are written for physical education specialists as guidelines for developing curricular goals and assessments, and for selecting content and instructional strategies. Practitioners understand the professional language used in the National Standards, but their students don’t always grasp the standards’ meaning easily.

Presented in the form of an engaging wall poster, **Student-Friendly National Standards for K-12 Physical Education** is written in language that is appropriate for students at the middle school (Grades 6-8) and high school (Grades 9-12) levels. It’s designed as a tool for physical educators who want to integrate language from the National Standards into their daily teaching and encourage students to embrace the National Standards as they learn to lead healthy, active lives.

**How to Use It**

To use the poster, teachers first should familiarize themselves with the meaning and intent of SHAPE America’s [National Standards for K-12 Physical Education](http://www.shapeamerica.org) (SHAPE America, 2013). A full understanding of the standards and their accompanying [Grade-Level Outcomes for K-12 Physical Education](http://www.shapeamerica.org) (SHAPE America, 2013) will enable practitioners to create standards-based curricula designed to help students develop the knowledge, skills and behaviors needed to be considered physically literate individuals.

Appropriate strategies for integrating standards and standards-related language into daily lessons depend on students’ age and developmental levels, so we have provided examples that follow of activities for teachers to use with their students.

**Review & Relate**

Review the Student-Friendly National Standards, and introduce them to students. Provide a detailed explanation and interpretation for students who didn’t learn the standards.
Student-Friendly National Standards for Physical Education (Cont.)

previously. Relate the standards to everyday activities, so that students learn to apply the standards outside of school. Here are some suggested instructional strategies to use.

Exit Ticket. At the end of class, ask students to write or verbally share an exit ticket identifying the standard or standards on which the lesson focused. Allow students to respond individually, in pairs or in small groups.

Quiz Question. Add a question about a standard to any regularly scheduled quiz or exam.

Everyday Life Activity. During lesson closure, ask students to suggest ways in which they could practice and acquire the skills, knowledge and behaviors related to the standard on which the lesson focused in activities outside of school.

Collaborative Assignments. Team up with teachers in other academic areas to create assignments that require students to demonstrate knowledge and skill in both subjects. Examples:

- Language arts. Write a brief paper explaining one standard, providing examples of behaviors that demonstrate its fulfillment. Discuss a personal plan for attaining the standard.

- Health. Make a presentation that describes a standard and how attaining it affects one’s mental, emotional or social health positively.

- Technology. Use desktop publishing software to create a graphic representation of a standard, its meaning and ways in which you can exhibit it outside of school.

- Visual arts. Create or design a picture that represents each standard and then present it to a peer or the class.

- Theatre arts or dance. Create a scene or a dance that demonstrates what the standard looks like in action.

SHAPE America Student-Friendly National Standards Task Force

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Student-Friendly National Standards for Physical Education (Cont.)

References


Resources
## What I Learn in PE Class

In physical education class, your teacher bases lessons on the National Standards for K–12 Physical Education to teach you how to become a physically literate individual. Being physically literate means that you know how to be physically active and, because you know how to be physically active, you enjoy making physical activity a part of your life. Learning the skills now to become physically literate will help you continue to lead a healthy and physically active lifestyle as an adult.

Look at the National Standards to help you understand what you are learning in PE.

<table>
<thead>
<tr>
<th>A physically literate individual:</th>
<th>What this means to me:</th>
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<tbody>
<tr>
<td>1 demonstrates competency in a variety of motor skills and movement patterns.</td>
<td>I use a variety of skills to participate in physical activities.</td>
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<tr>
<td>2 applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</td>
<td>I apply concepts related to movement whenever I’m physically active.</td>
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<tr>
<td>3 demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</td>
<td>I know and practice the skills that help me maintain a healthy lifestyle.</td>
</tr>
<tr>
<td>4 exhibits responsible personal and social behavior that respects self and others.</td>
<td>I act fairly, responsibly and respectfully when I participate in activities.</td>
</tr>
<tr>
<td>5 recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</td>
<td>I recognize the value of physical activity to my overall health.</td>
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