

# Raising the Bar in Physical Education

**PEP Summit**

**Fall 2014**

“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

~ Hippocrates



# Where did we come from?



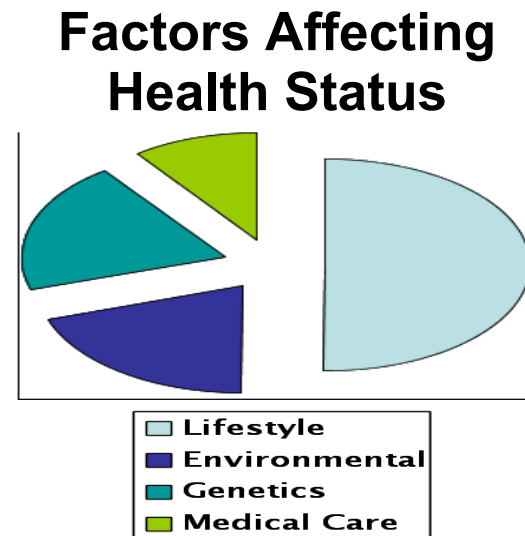
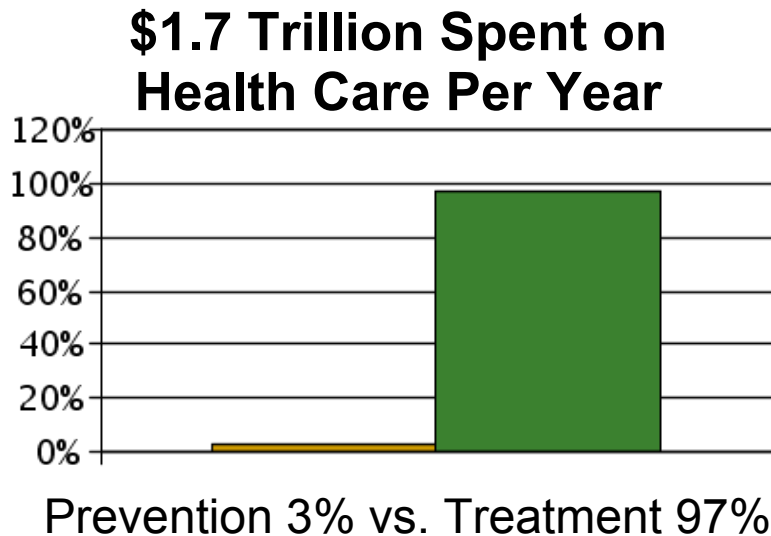
- What did our program look like in the past?
- Sound familiar?
- Why did it look like this?
- From Traditional PE to the New PE; why and how



# What I've Learned

Travels and visitations from our PEP Grant and North Allegheny curriculum review process have helped me to learn this basic truth

- ◆ Passionate leaders make the difference: You can be that leader!



**- \$\$ is not the solution. You are! -**

“He who cures a disease may be the skill fullest, but he that prevents it is the safest physician.” ~ Thomas Fuller

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” ~ Plato

## What is the #1 Goal

The mission of the “New PE” is to “guide youngsters in the process of becoming physically active for a lifetime.”

-George Graham, Past-President of NASPE



**Physical Education is the only subject that by its very nature can affect how you feel every day for the rest of your life!**

# VIEWPOINTS

**This is what we "GET TO DO" vs. what we "HAVE TO DO"**

- Creating an attitude
- Others perspectives; we need to educate more than our students.
  - ◆ Parents, Administrators, and other Teachers
- **Who is our biggest problem? Are we our own worst enemy?**
  - ◆ **Questioning Phil**

**"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor." - Vince Lombardi**

# Stretching Ourselves

- 90% of learning occurs in the stretch zone
- In traditional physical Education most students are either in their comfort zone or panic zone.
- If you expect kids to stretch themselves you must lead by example.



**This is what we  
“GET TO DO”!**

# Why is PE Important?

- People need to understand;
- Health related fitness impacts their/our personal quality of life (star athlete example)
- Their/Our health impacts our whole society
- Their/Our level of fitness has changed, can change, and will change based on your actions, NOW is the time to take control of your life



# My Guiding Objectives:

- All students will be lifelong learners, to facilitate this I need to address why each curriculum unit is presented and how to extend participation beyond the class.
- All curriculum units I present will be lifetime in nature and emphasis physical fitness.
- I will attempt to expose students to many different activities. Every student may not enjoy every activity but if each student finds a few activities to participate in for a lifetime I have accomplished my number one goal.



# Why lifetime activities and fitness?

- Team sports are a sometimes thing that we should do after we develop our foundation of fitness and lifetime activities.
- Lifetime activities by their very nature; are suited for a lifetime, can be participated in alone or with friends, and can be competitive or cooperative in nature. (biking to Niagara)
- Only 3 percent of all Americans play a team sport regularly beyond age 25. The number is barely a fraction of that by the time people reach 45. (Dr. Robert Pangrazi, Arizona State University)

# What Can You Add?



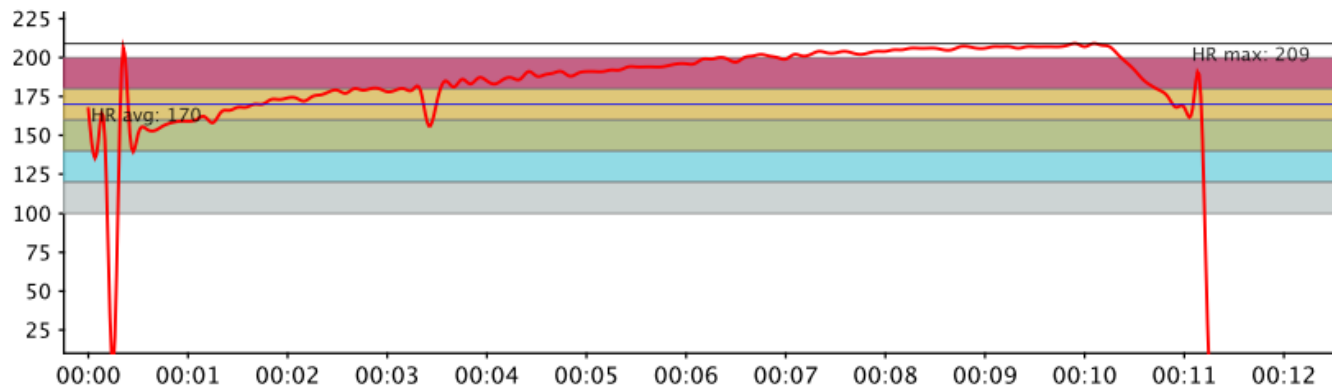
- **PASSION:** Share with your students why fitness and the activities that you teach are important in everyday life through example and stories
- **INITIATIVE:** Do not listen to those who say no! Change what you have control over, your class (principals example 15%, 80%, 5%)
- **CONNECT:** Get involved, SHAPE America, PSAHPERD, Action for Healthy Kids
- **Be a Role Model:** Practice what you preach, you don't have to be the best.
- **Partnerships:** business, other schools, university (win / win)

# Grading in Physical Education

Use grading to lend increased credibility to your program.

- Every student has the opportunity to earn a 100% regardless of their physical ability.
- Grading on practical life skills and meeting course objectives vs. trivia facts and sport skills tests.

Heart rate curve



Time in zone

Maximum	00:07:35
Hard	00:02:29
Moderate	00:01:05
Light	00:00:02
Very light	00:00

# Funding



**NORTH ALLEGHENY  
PHYSICAL EDUCATION**

**Live Strong - Live Long**

- PEP Grant
- Fund Raiser Runs; District wide 5k, 1 mile, 1/2 mile, and fun runs.
- Clothing Sales (T's, sweats, hats, gloves) send a message
- Local Grants; Highmark, Lowes



# How do you start to change

- How did you get the change started?
  - ◆ Start with your own classes. Don't be afraid to try new things as long as they align with recognized standards and best practices.
  - ◆ Expand to a small core group. Let them influence others through leading by example.



# Key Pieces in the Transformation of a Physical Education Program



## **Belief Statement**

I Believe that all people are happier and better able to meet their life goals when they are healthy and strong.

I see Physical Education as a way of facilitating students to maximize their quality of life by empowering them to have the fitness and skills to do what they want when they want.

## **Mission Statement**

I want to work with my students to provide them with successful experiences related to exercise, activity, and a love of the outdoors so that they will be intrinsically motivated to pursue an active and healthy lifestyle. I will carefully plan my lessons to maximize the amount of time students are engaged in moderate to vigorous physical activity. I will do this to empower children so they can feel a sense of personal accomplishment as they work with others to accomplish their goals and be responsible for their own futures.

# PE Curriculum Outline

Month	Sept	Sept.	Oct.	Oct.	Nov.	Dec.	Dec.	Jan.	Feb.	Feb.	Mar.	Mar.	Apr.	May	June
# of lessons	2	7	7	7	7	6	6	4	6	6	7	7	7	7	2
Unit		Biking	Strength Training	Run	Adventure Education	Biking	Strength Training	Choice	Run	Tennis	Biking	Strength Training	Run	Adventure Education	
Unit Description	Fitness Assessments	rails to trails	mobile gym	technique & base building	team building & low ropes	spinning	circuit training	team sports, group fitness, dance, individual fitness, self defense	cardio lab & winter running	indoor mini tennis	trail riding	functional training	interval training	orienteering	Fitness Assessments
Continuing Focus	Fitness & Nutrition Concepts Health & Safety Concepts														

Thank you for listening

[dschmidt@northallegheny.org](mailto:dschmidt@northallegheny.org)

[www.northallegheny.org](http://www.northallegheny.org)

