



National Association for Sport & Physical Education

An Association of the American Alliance for Health, Physical Education, Recreation and Dance

1900 Association Drive
Reston, VA 20191
Telephone (703) 476-3410
Telephone (800) 213-7193
Fax (703) 476-8316
naspe@aahperd.org
<http://www.aahperd.org/naspe>

For more information, contact:

Paula Keyes Kun (703) 476-3461/pkun@aahperd

NEWLY REVISED NATIONAL STANDARDS FOR PHYSICAL EDUCATION RELEASED

RESTON, VA, March 25, 2004 – Reflecting the most current research and theory about physical education, the National Association for Sport and Physical Education (NASPE) today released a newly revised second edition of *Moving into the Future: National Standards for Physical Education*. An essential tool for developing, implementing and evaluating K-12 school physical education programs, the national standards clearly identify what students should know and be able to do as a result of a quality physical education program. The six national content standards are as follows:

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

According to NASPE President George Graham, Ph.D., of Pennsylvania State University, “Every physical educator, who is committed to delivering a quality program that results in students prepared for a lifetime of healthy physical activity, should be using this book. The national standards bring accountability and rigor to the physical education profession. This book

is a valuable reference when planning units, lessons and assessments that will result in an instructionally aligned program.

“This second edition is based on input from practitioners, curriculum specialists, administrators and professional preparation faculty who have been using the standards for the past eight years,” he added. “The specific standards have been revised to clarify focus and scope, diversity has been integrated into all of the standards, and an extensive list of newly developed assessment resources has been added. The grade level groupings have been changed to K-2, 3-5, 6-8, and 9-12 to align with other content areas and to reflect organizational patterns in public school settings.”

Charlene Burgeson, NASPE Executive Director, said “There is an even stronger emphasis on the importance of physical education in contributing to good health in light of the epidemics of obesity and diabetes and other chronic diseases among children. Physical education in all K-12 schools provides the foundation for healthy, active lifestyles that support learning and ensure future success. A quality physical education programs helps students:

- learn how to achieve and maintain physical fitness and healthy lifestyles
- explore their unique physical talents
- gain an understanding and appreciation of their responsibilities as citizens, and
- develop positive character traits that will help them make good decisions about behavior that support their overall well-being.”

Each standard provides a description of what students should know and be able to do at the end of each grade level grouping, and sample performance outcomes to measure student behavior. There is a chapter on the integration of assessment and learning, and how standards and appropriate instructional practice support this.

To order a copy of the new edition of *Moving into the Future: National Standards for Physical Education*, 2nd edition, visit the online bookstore at www.naspeinfo.org or call 1-800-321-0789. The cost is \$15 for NASPE/AAHPERD members, and \$21 for non-members. Stock number is 304-10275. A popular four-color physical education standards poster is also available for purchase. It is a perfect vehicle for showing school staff, visitors, students and parents what physical educators are trying to achieve in their physical education programs. The cost is \$7 for members, and \$9 for non-members. Stock No. 304-10287.

Information about the National Association for Sport and Physical Education (NASPE) can be found on the Internet at www.naspeinfo.org. NASPE, which has been setting the standard for the profession for over 30 years, is the largest of the six national associations of the American

Alliance for Health, Physical Education, Recreation & Dance (AAHPERD). A nonprofit membership organization of over 18,000 professionals in the fitness and physical activity fields, NASPE is the only national association dedicated to strengthening basic knowledge about sport and physical education among professionals and the general public. Putting that knowledge into action in schools and communities across the nation is critical to improved academic performance, social reform and the health of individuals.