How Physical Education Has Changed

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How we most likely experienced P.E.

Fitness Based or Sport Based
Negative Experiences

• Rope Climbing
• Dodgeball
• Picking Teams
• Presidential Fitness Challenge
• Stereotypical teacher seen in TV and movies
Currently
• State and National Standards
• Grade Level Outcomes
• Skills Based
• All inclusive - APE
• No elimination activities
• Humans are not targets
• Physical Activity is not a punishment
Culture Shift

- Highly qualified teachers
- Access to quality PD
- New teacher training programs
- National Board Certifications

- Exposing students to new opportunities.
- Inspiring children to exercise without realizing they’re even exercising.
End Goal

To develop **physically literate individuals** who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.