

Physical Education Curriculum

The Wallingford Public School physical education curriculum is based on national (NASPE-National Association for Sport and Physical Education) and state standards for physical education. Those standards are:

CT State Standard 9: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities (NASPE #1)

The intent of this standard is development of the physical skills needed to enjoy participation in physical activities. Mastering movement fundamentals establishes a foundation to facilitate continued motor skill acquisition and gives students the capacity for successful and advanced levels of performance to further the likelihood of participation on a daily basis.

CT State Standard 10: Demonstrate understanding of movement concept, principles, strategies and tactics as they apply to the learning and performance of physical activities (NASPE #2)

The intent of this standard is facilitation of learners' ability to use cognitive information to understand and enhance motor skill acquisition and performance. It enhances the ability to use the mind to control or direct one's performance. This includes the application of concepts from disciplines such as motor learning and development, sport psychology and sociobiology, and biomechanics and exercise physiology.

CT Standard 11: Participate regularly in physical activity (NASPE #3)

The intent of this standard is the establishment of patterns of regular participation in meaningful physical activity. This standard connects what is done in the physical education class with the lives of students outside the classroom. Although participation within the physical education class is important, what the student does outside the physical education class is crucial to developing an active, healthy lifestyle that has the potential to help prevent a variety of problems among future generations of adults. Students make use of the skills and knowledge learned in physical education class as they engage in regular physical activity outside the physical education class. They demonstrate effective self-management skills that enable them to participate in physical activity on a regular basis.

CT Standard 12: Achieve and maintain a health enhancing level of physical fitness (NASPE #4)

The intent of this standard is the development of students' knowledge, skills and willingness to accept responsibility for personal fitness, leading to an active, healthy lifestyle. Students develop higher levels of basic fitness and physical competence as needed for many work situations and active leisure participation. Health-related fitness components include cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.

CT Standard 13: Exhibit responsible personal and social behavior that respects self and others in physical activity settings (NASPE #5)

The intent of this standard is the achievement of self-initiated behaviors that promote personal and group success in activity settings. These include safe practices, adherence to rules and procedures, etiquette, cooperation and teamwork, ethical behavior and positive social interaction. Key to this standard is developing respect for individual similarities and differences through positive interaction among participants in physical activity. Similarities and differences include characteristics of culture, ethnicity, motor performance disabilities, physical characteristics (e.g., strength, size, shape), gender, age, race and socioeconomic status.

CT Standard 14: Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction (NASPE #6)

The intent of this standard is development of an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning. Physical activity provides opportunities for self-expression and social interaction and can be enjoyable, challenging and fun. These benefits develop self-confidence and promote a positive self-image, thereby enticing people to continue participation in activity throughout the life span.