



What is “Quality” Physical Education?

Elements of Quality Physical Education

Element	Guideline	Explanation
Qualified Teachers	All P.E. teachers have a 4-year degree in physical education and/or national board certification in physical education	Licensure in physical education is required as it would be for any other specialty
Time Allocation		
Elementary School	Minimum 150 minutes of physical education offered each week	Provides opportunity to learn as well as 75 minutes weekly physical activity
Middle School	Minimum 225 minutes of healthful living (physical education plus health education) offered each week	Provides opportunity to learn as well as 75 minutes weekly physical activity
High School	Two or more units of Healthful Living required for graduation (1 unit of health, 3 units of physical education); PE electives and honors courses offered all four years	Provides physical education throughout high school, as well as an opportunity to expand physical activity/physical education horizons through electives and in-depth subject study
Planning Periods	All P.E. teachers have the same opportunity for free/planning period and lunch as other teachers	Provides teachers with the same opportunity to plan curriculum as any other teacher
Class Size	Physical education teacher to student ratio is the same as the ratio of teacher to student for any other course OR 1:25 for K-5, 1:30 for 6-12	Provides a safe opportunity for learning with access to additional teacher support where necessary, as is available in any other subject area
Facilities	Dedicated location for all PE classes and no more than 60 students per full size gymnasium (based on NASPE standard of 110 to 150 sq ft/student)	Provides a safe environment for skill instruction, development and practice

Equipment/Supplies	Sufficient equipment/supplies in sufficient quantities to facilitate maximum learning and practice time for all students in each PE class period	Provides the learning tools necessary to develop lifetime habit of physical activity
Professional Development	Physical education teachers acquire 50% or more of professional development (CEUs) in Physical Education over a 5 year period	Requires physical educators the opportunity to enhance their knowledge and practice base in their specialty
Program	All physical education teachers use the NC Healthful Living Standard Course of Study; students are formally assessed on the following: knowledge, motor skills/movement forms, health-related fitness, personal and social responsibility	Healthful Living Standard Course of Study provides a standard for curriculum development and follows national standards; formal assessment allows educators to ensure that students are acquiring the knowledge, attitudes, skills and behaviors necessary for a lifetime of healthy habits
Teacher Evaluation	Periodic performance evaluation of teachers by the appropriate administrator uses the DPI Physical Education Teacher Evaluation Form and includes planning, instructional practices and use of assessments	As with any other subject area, PE teachers are subject to standardized teaching practices
Physical Education Coordinator	There are one or more Healthful Living Coordinators for the LEA	Healthful Living Coordinators provide structure and support for the entire LEA and act as the liaison between state policy and local implementation

Table adopted from *Move More, North Carolina's Recommended Standards For Physical Activity In School, 2005*, jointly created by NC Department of Public Instruction, NC Division of Public Health, and NC Cooperative Extension.