



# POSITIVE PHYSICAL EDUCATION

Herka Maya Jatmika  
PJKR FIK UNY



# Disclaimer

All physical education is not  
good physical education

# Goal of Physical Education

- To develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity
- To guide youngsters in the process of becoming physically active for a lifetime

# Popular Terms to Describe “Good” Physical Education

- Quality physical education
- Positive physical education

# Positive (Quality) Physical Education

- Opportunity to learn
  - Qualified teachers
  - Adequate time
- Meaningful content
  - National/state standards for physical education
- Appropriate instruction
- Formative and summative assessment

# Positive Physical Education

- Another term for quality physical education
- Focus is on creating a positive environment in which all students can be successful
- Recognition that enjoyment of physical activity is a major influence on whether a person chooses to be active

# Examples of Positive (Quality) Physical Education

- All children being active
  - Stations
  - Small group games
  - Technology (pedometers, heart rate monitors)
- Choices
  - Variety of activities
  - Various practice levels
  - Personal goals
- Cooperative Activities

# Definition of a Physically Educated Person

- HAS learned skills necessary to perform a variety of physical activities
- IS physically fit
- DOES participate regularly in physical activity
- KNOWS the implications of and the benefits from involvement in physical activities
- VALUES physical activity and its contribution to a healthful lifestyle



# Purpose of National Standards for Physical Education

- To define what a student should know and be able to do as a result of a quality physical education program
- Provides credibility to our profession as we are one of many disciplines with standards

# Physical Activity vs. Physical Education

- Physical activity = behavior
- Physical education = curricular area that teaches about physical activity (helps student attain the knowledge and skills; does not just provide an opportunity for students to be physically active)
- Students are physically active in physical education, but students are not (comprehensively) physically educated at recess or through sport participation

# Recognized Solutions

- Physical activity
- Physical education

# Physical Education's Role in the Obesity Epidemic

- Physical inactivity is part of the problem
- Physical activity is part of the solution
- Physical education is a critical to increasing physical activity
  - School physical education programs are the one place that:
    - All children can participate in regular physical activity
    - All children can become physically educated for a lifetime of physical activity

# National Call to Action: Increase Physical Activity Among Youth

- Healthy People 2010 (2000)
- Dietary Guidelines for Americans (2000)
- Promoting Better Health for Young People Through Physical Activity and Sports: A Report to the President from the Secretary of Health and Human Services and Secretary of Education (2000)
- The Surgeon General's Call to Action To Prevent and Decrease Overweight and Obesity (2001)
- Guide to Community Preventive Services (2001)

# The Brain/Body Connection

- Research has not been conducted to conclusively demonstrate a link between physical activity and improved academic performance
- However, such a link might be expected
- Research does show that:
  - Movement stimulates brain functioning
  - Physical activity increases adolescents' self-esteem and reduces anxiety and stress...thus, through its effects on mental health, may help increase students' capacity for learning
  - Increases in time for physical education did not lead to lower test scores

# Typical Questions You May be Asked

- How much physical activity do children and adolescents need?
- What is the most important thing that schools can do to increase physical activity among children and adolescents?
- What are the biggest barriers for schools to provide quality physical education to all students?
- Can't physical education be provided as part of recess?
- Why do schools have to take responsibility for the physical activity of students?

# Conclusion

- Schools need to educate the whole child
- Physical education is the only curricular subject that develops a child's physical self
- Children deserve a comprehensive education
  - It's up to taxpayers and decision-makers to make this happen
  - It's up to us (and our partners) to influence taxpayers and decision-makers