

Indiana Association of Health, Physical
Education, Recreation, and Dance

Indiana AHPERD



Our Values

What we believe

PHYSICAL EDUCATION IS THE FOUNDATION OF A WELL-ROUNDED EDUCATION

#ActiveStudentsSucceed

A: Learning and well-being are inexplicably tied together. Every student succeeds from a well-rounded education that includes physical literacy.

B: Akin to language arts and mathematics, health/physical education requires challenging standards, assessments, school accountability systems, and improvement activities.

C: Statewide ESSA plans should include specific H/PE emphasis and accountability to ensure all students receive a well-rounded education.

D: The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.



E: Using school time for physical education improves academic achievement. Research shows active children score better on language arts and math tests.

F: Every K-12 child should participate in 60 minutes of moderate to strenuous physical activity every day avoiding prolonged periods of inactivity.

DOES YOUR EDUCATIONAL POLICY CONSIDER THE FOLLOWING CORE VALUES?

Physical Education

Physical Activity

Health Education



Physical Literacy

The knowledge, skills, and confidence to enjoy a lifetime of physical activity.

G: Every child should have the opportunity to be active at school at least 225 mins/week for the entire school year.

H: Recess, physical activity, and physical education should not be withheld as punishment.

I: Student to teacher ratios in physical education should be no greater than local standards for all subjects.

J: Effective physical educators assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment.

K: Stakeholders (teachers, parents, administrators, school boards, and community members) should periodically evaluate physical education program effectiveness.

L: Online PE is not physical education.

RESEARCH SHOWS

PHYSICAL ACTIVITY

- 1** Improves learning outcomes.
- 2** Improves academic performance.
- 3** Improves overall quality of life.
- 4** Helps children prepare to be productive, healthy members of society.
- 5** Reduces the risk for overweight, diabetes and other chronic diseases.
- 6** Reduces the risk for depression and the effects of stress.



M: Physical education should not be compared to or confused with other physical activity experiences such as recess, intramurals, competitive sports, or recreational endeavors. Understanding the difference between physical education and physical activity is critical to understanding why both contribute to the development of healthy, active children.

N: Quality physical education programs provide learning opportunities, appropriate instruction, meaningful and challenging content for all students regardless of skill or fitness level, gender, race or ethnic group to establish and sustain an active lifestyle. Effective physical educators assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment.

O: Credit flexibility - substituting interscholastic sports, ROTC, marching band, or other activities for a PE credit - without concern for educational standards is not physical education.