

## National Standards for Physical Education

\*Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

A physically educated person:

**Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

**Standard 3:** Participates regularly in physical activity.

**Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.

**Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

\*(<http://www.aahperd.org/naspe/ShapeOfTheNation/template.cfm?template=appendixA.html>)



## Physical Education Web Sites

### Physical Education Information/Links:

[www.pecentral.org](http://www.pecentral.org)

[www.pelinks4u.org](http://www.pelinks4u.org)

[www.presidentschallenge.org](http://www.presidentschallenge.org)

### Fitness Information

[www.mypyramid.gov](http://www.mypyramid.gov)

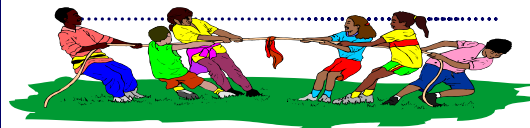
[www.fitness.gov](http://www.fitness.gov)

### Running Information

[www.kidsrunning.com](http://www.kidsrunning.com)



### National Association for Sport and Physical Education



Students at St. James School have physical education for 40 minutes, twice a week except students in Kindergarten. See your child's teacher for the days in which they should be appropriately attired to participate in physical activity.



### CONTACT INFORMATION



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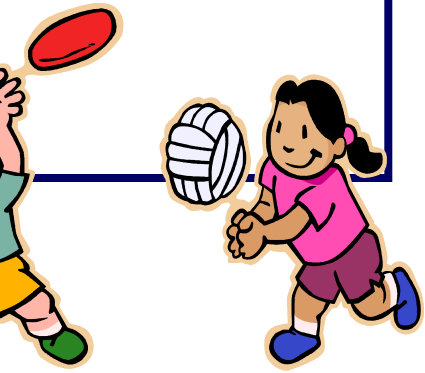
*"Exercise is to your body, what  
reading is to your mind!"*



**. JAMES  
SCHOOL**



**Physical Education**



## St. James Physical Education

St. James School Physical Education program is designed to teach students basic physical skills and concepts to help children feel better about their ability to participate in recreational activities; be more successful if they choose to compete in youth sports leagues; and help children feel good about moving, which in turn encourages them to be active, healthy, and productive.

### Program Objectives

- Develop the skills, knowledge, and attitudes needed to establish and sustain an active lifestyle.
- Increase understanding about the role of physical activity' to good health and a more dynamic and productive life.
- Increase physical activity.
- Create an awareness of the benefits of good physical fitness to maintaining wellness.



## Skill Themes/Movement Concepts

- Body/Spatial Awareness
- Effort/Relationships
- Locomotor Movements
- Jumping and Landing
- Rolling, Balancing, Weight Transfer
- Rhythmic Movements
- Chasing, Fleeing, Dodging
- Kicking and Punting
- Manipulating with hands and feet
- Throwing and Catching
- Using short- & long-handled implements)
- Understanding components and benefits)



### For Families\*

1. **Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
2. **Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).
3. **Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.

\*([http://teammnutrition.usda.gov/resources/mpk\\_tips.pdf](http://teammnutrition.usda.gov/resources/mpk_tips.pdf))

4. **Have an active party** center in the backyard. Consider bowling or...
5. **Set up a home** such as a substitute for...
6. **Move it!** Instead of commercial talk on the Remember time.
7. **Give activities** physical activity equipment



**Activity party.** Move  
based on physical  
Olympics, or roller  
skating party.



**Home gym.** Use  
canned foods, and  
for stair mach

My Pyramid for Kids  
[www.Mypyramid.gov](http://www.Mypyramid.gov)

Instead of sitting through TV  
shows, get up and move. When you  
use your phone, lift weights or walk around.  
Try to limit TV watching and computer

**Activity gifts.** Give gifts that encourage  
activity—active games or sporting

**HAVE FUN!**

