

Physical education has changed a great deal from what you may remember of your days in PE class — and it's time to replace old memories with the new reality.

Here are some comparisons to show you what PE might have looked like for you ... and how it is for your child.

## What PE might have looked like for you ...

Teachers based grades on physical performance, class participation, dressing in uniform, and/or fitness level.

- Mainly teacher-led
- Focused primarily on the psychomotor learning domain or physical demonstration of skills
- Fitness test results used to give a grade
- Graded on participation or if you “dressed out” in a PE uniform or certain clothes

Students were taught to memorize rules, game history in team sports, and mastery of sport skill.

- Making 7 out of 10 free throws
- History of a specific sport

Teachers placed an emphasis on competition and athletic ability and usually selected athletes as leaders.

- Dodgeball
- Relay races or elimination games
- Emphasis on more-skilled students

Classes consisted of large groups, limited equipment, and inefficient use of class time.

- Waiting in line or on the sidelines to play
- Seated in squad lines at the start of class

## What PE should look like for your child ...

Teachers develop curriculum based on the [National Physical Education Standards](#) and use standards-based grading to measure learning.

- Student-centered
- Equal focus on the physical, cognitive, social, and affective learning domains
- Fitness testing is used for goal-setting and individual improvement
- Students have opportunities to determine how movement is meaningful

Students engage in a variety of activities that focus on skill competence, cooperation, self-management, interpersonal skills, and goal setting.

- Varying ways to demonstrate knowledge of skills
- Reflection on movement experiences
- Communication and teamwork activities

Students can find success in a variety of ways, progress at their own pace, and have opportunities for leadership.

- Inclusive games without human targets
- Different objects are provided for students to choose from to practice a skill

Teachers plan for small groups and make efficient use of class time to increase student engagement.

- Students have a variety of equipment to use for an activity
- Small groups allow students to be active as soon as they enter class