

K-12 QCSD Health and Physical Education

College and Career Ready Health and Physical Education students...

Will be empowered to develop healthy habits, instill personal fitness, acquire health literacy, and become lifelong participants of healthy decision making and physical activity.

Will be engaged in movement activities and sport, to provide for a unique opportunity to develop a wide variety of social and emotional competencies (soft skills).



Student Outcomes

Students...

- DETERMINING healthy decisions and choices
- MAINTAINING or improving healthy, active lifestyles
- ACCESSING resources in the local, online, and global community for specific health needs
- PRACTICING effective cross-cultural communication, problem solving, negotiation, and conflict resolution skills
- EXPLORING a variety of lifelong fitness activity
- DEVELOPING an appreciation of movement activities or sports
- PRACTICING and DEVELOPING social and emotional competencies in a variety of group situations



Teacher Actions

Teachers...

- Establishing the Learning Environment: The teacher systematically plans for, develops and maintains a positive learning environment that is focused on maximizing learning and participation, in an atmosphere of respect and support from the teacher and the child's peers. (SHAPE best learning practices)
- Safety: Teachers make every effort possible to create a safe learning environment for students (e.g., emergency action plans are posted and practiced).
- Diversity: All students (boys and girls, high- and low- skilled) have equal opportunities to participate and interact with the teacher (e.g., leadership, playing "skilled" positions, teacher feedback). All students, regardless of developmental level and ability, are challenged at an appropriate level.

- Inclusion: Lessons/activities are adapted for students at all fitness levels (e.g., distance and pace runs are made more appropriate). Students are encouraged to complete appropriate levels of activity for their own improvement.
- Competition and Cooperation: Teachers create a mastery-learning environment that encourages students to compete against previous personal performance.

Source: [SHAPE: Appropriate Instructional Practices for K-12 Physical Education](#)