

<h2>Physical Education Facts for Secondary Schools

The following statements are taken from the USOE website on the PE Core Curriculum ([http://www.schools.utah.gov/CURR/healthpe/Core/Core--Secondary-Physical-Education-2005-\(2\).aspx](http://www.schools.utah.gov/CURR/healthpe/Core/Core--Secondary-Physical-Education-2005-(2).aspx))

“The goal of physical education is to develop healthy, responsible students who have the knowledge, skills and dispositions to work together in groups, think critically, and participate in a variety of activities that lead to a lifelong healthy lifestyle.”

“The emphasis is on providing success and enjoyment for all students; not just for those who are physically gifted.”

The current USOE PE core represents a shift from a team sports-dominated program to a lifetime activity format with connections to **community resources**.

PE classes should include assessments, writing assignments and technology.

Traditional PE classes offering team sports such as basketball, flag football and soccer are not as helpful in preparing our students for a lifetime of physical activity. Individual and lifetime activity classes offering swimming, weightlifting, aerobics and outdoor recreation are preferable because these are the activities our students will participate in throughout their life.

The following are some of the many benefits of physical activity as taken from the book *SPARK*, by Harvard Clinical Associate Professor of Psychiatry, John J. Ratey, MD:

- Exercise is the single most powerful tool you have to optimize your brain function
- Exercise is as effective as certain medications for treating depression and anxiety
- Exercise helps with anxiety, stress, depression, ADHD and addictions
- Physical activity has a positive influence on memory, concentration and classroom behavior
- Students may wish to schedule hardest subjects immediately after gym to capitalize on the benefits of exercise
- Students with higher fitness scores have higher test scores