



## National Association for Sport and Physical Education

*an association of the American Alliance for Health,  
Physical Education, Recreation and Dance*

**NASPE Sets the Standard**

**GUIDANCE DOCUMENT**

# How Can I Demonstrate to My Building Principal That I Am an Effective Physical Education Teacher?

In this new era of measuring teacher quality and student achievement, NASPE/AAHPERD, your professional education association, wants to help you document how you improve the quality of life for your students. The role of a physical education teacher requires a performance-evaluation system that acknowledges the complexities of the job. This NASPE/AAHPERD guidance document provides you with multiple data sources that will give you greater objectivity and reliability in documenting your performance.

- 1. Provide evidence of teaching and learning in your physical education class.** Provide your principal with an annual plan for physical education instruction, block plans for each unit of study and daily lesson plans. These lesson plans should include:
  - Clear alignment with state and/or National Standards for Physical Education.
  - Student objectives and appropriate learning activities that align with congruent student assessments.
  - A variety of instruction methods.
  - Strategies for providing appropriate challenges to all students.
  - Strategies for differentiation.
  - Strategies for creating/maintaining a physically and emotionally safe classroom.
- 2. Provide evidence of efficient program management.**
  - Maintain supervision of and a safe environment for students.
  - Maintain an accurate inventory of equipment and supplies for maintenance, replacement and replenishment.
  - Review the program annually; document strengths and weakness and make recommendations.
  - Review facilities annually and report critical needs as they occur.
  - Demonstrate use of technology to enhance instruction, manage student and program data and generate reports.

## How Can I Demonstrate That I Am an Effective PE Teacher? (Cont.)

### 3. Provide evidence of professional development.

- Develop an annual professional-development plan. Use NASPE's [Physical Education Teacher Evaluation Tool](#) to identify potential instructional competencies to address in your plan.
- Seek out professional-development opportunities that enhance your skills.
- Share new and innovative ideas learned with administrators and other school staff.
- Open yourself to new and innovative ideas by reading *Strategies* and/or *JOPERD*, and by attending national, district or state AHPERD conferences.
- Use NASPE's ***Appropriate Instructional Practice Guidelines for Physical Education*** checklist documents as a self-study tool to drive your professional-development choices.

### 4. Assess your students in accordance with curricular objectives and physical education standards, and share results with your building principal and parents.

- Use NASPE's *PE Metrics*™ assessments to evaluate your elementary and secondary students' successes toward meeting the National Standards for Physical Education.
- Demonstrate to your principal and other stakeholders that your students are learning in physical education class.
- Demonstrate student achievement in meeting established curricular targets/benchmarks by collecting data on student learning.
- Conduct action research and collect data on accomplishments of the students you serve, demonstrating the impact of your program.

### 5. Engage the school community.

- Establish regular communication with families, which might include newsletter articles, surveys, family physical activity events, etc.
- Support the greater school-wide curriculum and culture.
- Establish positive rapport with staff and students.
- Develop a joint-use agreement with community partners to enhance support and accessibility to PE/PA programs.
- Partner with your PTA/PTO to support supplemental equipment for PE/PA programs.

### 6. Be the physical activity champion in your school.

- Create a culture of physical activity within your school by coordinating the components of a comprehensive school physical activity program:
  - Physical education.
  - Before- and after-school physical activity.
  - Physical activity during the school day.
  - Staff involvement.
  - Family and community involvement.
- Develop positive relationships with local media outlets, and promote the programs you have in place and the success of the youths you engage.

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