Physical Education along with Physical Activity

Kids Need Both

What's the difference?

- Physical education is an academic, skill-based class.
- Physical activity provides opportunities to apply skills learned in physical education.
- Students need BOTH physical education and physical activity to learn and apply skills. Without BOTH, students miss the opportunity to learn or practice these skills.

Physical Education...

- Is taught by a teacher certified in physical education.
- Has lessons based on National Physical Education Standards and Outcomes.
- Has sequential activities that are designed to meet outcomes.

Both help...

- The brain: decrease stress, increase academic performance.
- The body: improve fitness level, prevent injury and disease.

Physical Activity...

- Is led or supervised by any adult.
- Can be structured or unstructured.
- May include any type of movement.

Physical education and physical activity develop students' knowledge, skills and confidence to be physically literate students who are active for a lifetime.

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