

Higher Education Teacher Preparation Standards

Physical Education grades PreK-12



Kansas leads the world in the success of each student.

PHYSICAL EDUCATION

Early Childhood through Late Adolescence/Adulthood

PreK-12, adopted February 11, 2020

“Learner” is defined as students including those with disabilities or exceptionalities, who are gifted, and students who represent diversity based on ethnicity, race, socioeconomic status, gender, language, religion, and geographic origin.

Standard 1: Content and Foundational Knowledge

Physical education candidates demonstrate an understanding of common and specialized content, and scientific and theoretical foundations for the delivery of an effective preK-12 physical education program.

Component 1.a: Describe and apply physiological and biomechanical concepts related to skillful movement, physical activity and fitness for preK-12 students.

Component 1.b: Describe and apply motor learning and behavior-change/psychological principles related to skillful movement, physical activity and fitness for preK-12 students.

Component 1.c: Describe and apply motor development theory and principles related to fundamental motor skills, skillful movement, physical activity and fitness for preK-12 students.

Component 1.d: Describe the historical, philosophical, social perspectives and legislation in general physical education and adapted physical education.

Component 1.e: Describe and apply content knowledge of enhanced physical activity and how it affects cognitive, affective and behavioral functioning.

Standard 2: Health-Related Fitness

Physical education candidates are physically literate individuals who can demonstrate skillful performance in physical education content areas and health-enhancing levels of fitness.

Component 2.a: Demonstrate competency in all fundamental motor skills, as well as skillful performance in a minimum of four physical education content areas (e.g., games and sports, aquatics, dance and rhythmic activities, fitness activities, outdoor pursuits, individual-performance activities). *

*(Skillful Performance) A person's effective employment of techniques, tactics, strategies, rules and etiquette in the context of the activity.

Standard 3: Planning and Implementation

Physical education candidates apply content and foundational knowledge to plan and implement developmentally appropriate learning experiences aligned with local, state and/or SHAPE America's National Standards and Grade-Level Outcomes for PreK-12 Physical Education through the effective use of resources, accommodations and/or modifications, technology and critical thinking strategies to address the diverse needs of all students.

Component 3.a: Plan and implement appropriate short- and long-term objectives that are aligned with local, state and SHAPE America's National Standards and Grade-Level Outcomes for PreK-12 Physical Education. Outcomes must be measurable, developmentally appropriate, and performance-based.

Component 3.b: Plan and implement progressive (over-time) and sequential content and skill development, allowing for individualized instruction, that aligns with short- and long- term plan outcomes, which address the diverse needs of all students.

Component 3.c: Plan for and manage resources, including adapted equipment, to provide active, fair and equitable learning experiences.

Component 3.d: Plan and implement instruction, specially designed when necessary, adding specific accommodations and/or modifications for all students.

Component 3.e: Plan and implement learning experiences that engage students in using critical thinking strategies appropriately to analyze their own performance.

Standard 4: Instructional Delivery and Management

Physical education candidates engage all students in meaningful learning experiences through effective use of pedagogical skills. They use communication, feedback, technology, and instructional and managerial skills to enhance student learning.

Component 4.a: Establish a caring and inclusive learning environment through constructive feedback and positive behavior management strategies that support relationship building.

Component 4.b: Employ verbal and/or nonverbal communication skills that clearly state the learning objectives to students during the lesson introduction and closure.

Component 4.c: Provide clear, accurate, and concise task instructions and cues to meet the needs of students with exceptionalities and different learning styles (e.g. auditory, visual, kinesthetic).

Component 4.d: Exhibit the ability to modify or adjust instructional activities in response to off-task behavior, schedule changes, and unanticipated classroom events.

Component 4.e: Execute effective management strategies for safety, efficient use of time, maximized participation, and student self-management.

Component 4.f: Utilize a variety of techniques to observe student performance and provide specific, individual or group feedback to include accommodations and modifications for the enhancement of student learning.

Standard 5: Assessment of Student Learning

Physical Education candidates select and implement appropriate assessments to monitor students' progress and guide decision making related to instruction and learning.

Component 5.a: Implement formal and/or informal pre-assessments and utilize data to plan developmentally appropriate learning experiences.

Component 5.b: Conduct formal and/or informal formative assessments to guide instructional strategies, student practice, and modification of learning objectives.

Component 5.c: Collect and utilize summative assessment data to evaluate and communicate student progress, inform curricular modifications, and reflect upon teacher effectiveness.

Standard 6: Technology and Digital Citizenship

Physical education candidates exhibit technological fluency, model appropriate digital citizenship, and engage students in technology use to enhance learning.

Component 6.a: Select and utilize digital tools to create and implement innovative learning experiences that maximize student engagement with lesson content.

Component 6.b: Use technology for the collection, analysis, evaluation and communication of student performance and data.

Component 6.c: Facilitate student use of technology to meet learning outcomes in a safe, legal, and ethical manner.

Standard 7: Professional Responsibility

Physical education candidates demonstrate behaviors essential to becoming effective professionals. They exhibit professional ethics and culturally competent practices; seek opportunities for continued professional development; and demonstrate knowledge of promotion/advocacy strategies for physical education and expanded physical activity opportunities that support the development of physically literate individuals.

Component 7.a: Engage in behavior that exhibits self-reflection, professional ethics, practice and cultural competence.

Component 7.b: Demonstrate the knowledge and importance of professional growth and collaboration in schools and/or professional organizations.

Component 7.c: Describe strategies for the promotion and advocacy of physical education and expanded physical activity opportunities for all.

For more information, contact:

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