



A PARENT'S GUIDE TO THE NYS PHYSICAL EDUCATION LEARNING STANDARDS (2020)



What is Physical Education, and why is it important for my child?

- **Physical education:**

- is an academic, skill-based class
- is taught by a certified physical education teacher
- is [required for graduation in NYS \(2credits\)](#)
- has lessons based on the new NYS Physical Education Learning Standards (2020)
- has sequential activities that are designed to meet outcomes

- Physical education and physical activity are different, and students need both to learn and apply skills. Without both, students miss the opportunity to learn or practice these skills. Physical education and physical activity develop students' knowledge, skills, and confidence to be physically literate.

- Physical literacy is defined as the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

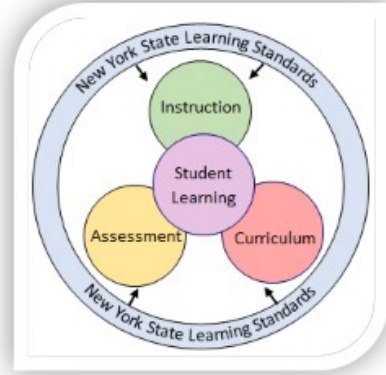
Why were the standards revised and when will they be implemented?

- In 2018, New York State (NYS) began a process to review and revise physical education standards (2020) originally adopted in 1996. The standards were updated to ensure they are appropriate for students' grade levels and reflect what students should know and be able to do in physical education.
- [Full implementation](#) of the New York State Physical Education Learning Standards (2020) begins during the 2023-2024 school year.



How do NYS learning standards influence my child's learning?

- Learning is best supported when goals are well defined. The model shows how key parts of learning work together. The learning standards represent the overall knowledge and skills students need to learn by the end of each school year. The central focus, student learning, depends on curriculum, instruction, and assessment which is shaped by individual school districts.
- There are significant differences among school districts' facilities, equipment, class time, and other community and regional factors. The New York State Physical Education Learning Standards (2020) are developmentally appropriate for all students, including students with disabilities and English Language Learners, and allow for local flexibility in framing their physical education programs.



What are the NYS Physical Education Learning Standards (2020)

STANDARD 1. Demonstrates competency in a variety of motor skills and movement patterns.

STANDARD 2. Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

STANDARD 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

STANDARD 4. Exhibits responsible personal and social behavior that respects self and others.

STANDARD 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

STANDARD 6. Recognizes career opportunities and manages personal and community resources to achieve and maintain overall wellness.



Parent Resources

[Pre-K Standards Document](#)

[NYS Physical Education Learning Standards Information](#)

[Physical Education Updates](#)

[SHAPE America](#)

[Shape America Poster](#)

Scan QR Code below for the NYS Physical Education Learning Standards:

