

Appropriate Practices

for

Elementary School Physical Education

Position Statement of the National Association for Sport and Physical Education (NASPE)
Developed by the Council on Physical Education for Children (COPEC)

How These Practices Align with the Skillastics™ Program

Quality Physical Education maximizes opportunity for learning and success for all children

Skillastics™ allows successful participation for children of all ages and varying fitness levels by creating an environment that puts every child on a level playing field. The higher skilled child works hand in hand with the less skilled child to reach a common goal of completing the number of repetitions required with each activity on the mat together.

Premises of Physical Education Programs for Children

- 1) **The ultimate purpose of any physical education program is to guide children into being physically active for a lifetime**
 - a. Develop competency in basic movement skills. **Skillastics™** follows all five fitness components – muscle strength, muscle endurance, cardio/respiratory, flexibility and body composition.
 - b. Mastery of basic movement skills encourage the development and refinement of more complex skills leading to safe and enjoyable participation in physical activity. **Skillastics™** develops basic movement skills by encouraging total body movement (large and fine motor skills), as well as developing basic fundamentals in the sport of basketball and soccer that will lead to more enjoyable participation in the future.
 - c. Introduce basic movements at an early age, children will gain a wide variety of physical activities. **Halfpint Skillastics™** develops these age appropriate activities, which are approved by Early Childhood Experts include a wide variety of activities that children enjoy and then begin to develop a positive experience at a young age becoming physically active.
- 2) **Children should engage in physical activity appropriately designed for their developmental levels**
 - a. **Skillastics™** include age appropriate games; **Halfpint Skillastics™** and **Halfpint Bilingual Skillastics™** for ages 3-7, **Fitness Skillastics™** for ages 8-14 and **Basketball** and **Fitness Skillastics™** for ages 10-14.
- 3) **Recess and Physical Education are important, but different parts of the school program**
 - a. Whereas recess is unstructured time, physical education is a planned instructional program with specific goals and objective. **Skillastics™** is a structured activity, but allows children the freedom of choosing an activity based upon the roll of a die.
- 4) **Physical Activity and Physical Education are not the same**
 - a. Physical Education is an instructional program taught by teachers with professional credentials in Physical Education
 - b. Physical Activity is the subject matter of Physical Education. The goal of a Physical Education program is participation in health-enhancing physical activity for a lifetime. The **Skillastics™** program can be used as an instant activity, instruction on part or on the whole unit in Fitness,

Basketball or Soccer. It is a valuable part of the Physical Education curriculum that teaches physical activity.

5) Physical Education and Athletic Programs are different

- a. Athletic programs are essentially designed for children who have specific skill and or would like to specialize in one or more sports. **Basketball** and **Fitness Skillastics**TM can be used in these programs by playing the games at a higher intensity level to help these children develop these specific skills.
- b. Developmentally appropriate Physical Education is designed for every child – from the gifted to the physically challenged. **Skillastics**TM allows successful participation for children of all ages and varying fitness levels by creating an environment that puts every child on a level playing field. The higher skilled child works hand in hand with the less skilled child to reach a common goal of completing the number of repetitions required with each activity of the mat together.