

***A Position Paper Supporting the Use of
Outdoor Facilities for Physical Education***

The Need for Use of Existing Outdoor Facilities

By

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Since before the turn of the century, research has indicated that curriculum both nationally and statewide, have evolved for many years and provides the basis for the strong stand that is taken nationally today relative to the use of outdoor space in a thorough, efficient and comprehensive physical education program.

The research is not new. Moreover facts are presented in documents as noted in the context of this position paper as referenced by National Association of Sports and Physical Education and others.





The Mission

The mission is to instill in students intellectual discipline, the values of teamwork, personal effort and the rules of community life and tolerance.

To provide its students with a quality elementary physical education program



Standards Increase the Professional Stature of Physical Education

The national standards demonstrate that physical education has academic standing equal to other subject areas. They describe achievement, show that knowledge and skills matter, and confirm that mere willing participation is not the same as education. In short, national physical education standards bring accountability and rigor to the profession.

Standard 1

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.



Standard 3

Participates regularly in physical activity.



Standard 5

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.



Standard 2

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.



Standard 4

Achieves and maintains a health-enhancing level of physical fitness.



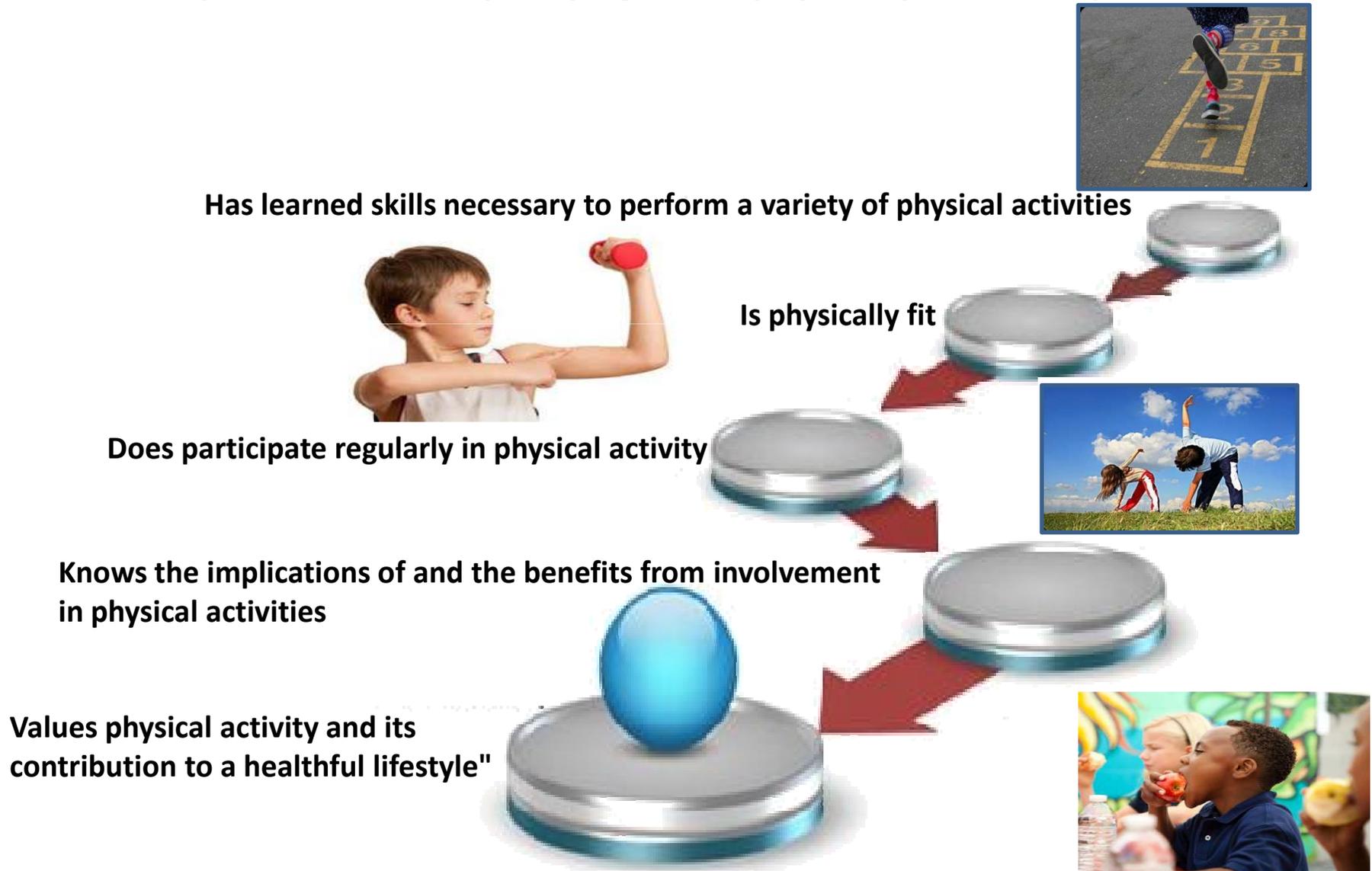
Standard 6

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



NASPE Content Standards

"The National Association for Sport and Physical Education appointed the Outcomes Committee who defined a physically educated person. This definition included five major focus areas, specifying that a physically educated person:



Standards

There are six comprehensive health and physical education standards.
The pertinent standards are listed below:



STANDARD 2.1 (WELLNESS) ALL STUDENTS WILL LEARN AND APPLY HEALTH PROMOTION CONCEPTS AND SKILLS TO SUPPORT A HEALTHY, ACTIVE LIFESTYLE.



STANDARD 2.2 (INTEGRATED SKILLS) ALL STUDENTS WILL USE HEALTH-ENHANCING PERSONAL, INTERPERSONAL, AND LIFE SKILLS TO SUPPORT A HEALTHY, ACTIVE LIFESTYLE.



STANDARD 2.5 (MOTOR SKILL DEVELOPMENT) ALL STUDENTS WILL UTILIZE SAFE, EFFICIENT, AND EFFECTIVE MOVEMENT TO DEVELOP AND MAINTAIN A HEALTHY, ACTIVE LIFESTYLE.



STANDARD 2.6 (FITNESS) ALL STUDENTS WILL APPLY HEALTH-RELATED AND SKILL-RELATED FITNESS CONCEPTS AND SKILLS TO DEVELOP AND MAINTAIN A HEALTHY, ACTIVE LIFESTYLE.

Participation in quality, regularly scheduled, physical education classes allows children to experience what it is to be healthy. To be able to run more than a five to eight second sprint.



All children need to have these experiences.



GO OUTSIDE AND PLAY.

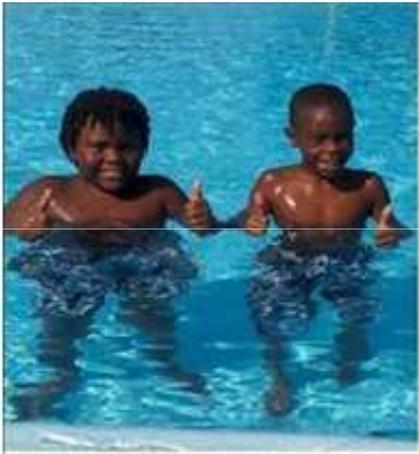


We now know beyond a shadow of a doubt that a quality physical education program must include in addition to indoor facilities, outdoor facilities.





Centers must schedule “sufficient” daily outside time for children to get fresh air and engage in active large motor activities. The larger the child, the more outdoor time they require.



SHARED SPACES

The idea of communities, schools, municipal recreational programs and the like sharing facilities is new. A rural community in Illinois, discovered that their community recreational center and the high school could acquire a better facility with quality equipment by sharing.



They also discovered that going their separate ways, neither would achieve optimum use of either facility.



Sharing facilities enabled the two organizations, the township's high school and recreational center to achieve more with less.





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www.LetsMoveInSchool.org
National Association for Sport and Physical Education



The National Association for Sport and Physical Education, NASPE states clearly on its web page that a “quality physical education” program is one that includes outdoor facilities.



Adequate space, ranging from 110sq. ft. to 150sq. ft. per child for learning movement activities in which children can move freely and safely. . . . 4



Intact classes should not interfere with one another.5



Outdoor Facilities, playgrounds, and/or activity areas for an elementary physical education class should be accessible for “ALL”.



An outdoor area includes field space and surfaced areas, which allow accessibility and safe participation for “ALL” children.



The April 2003 volume of the Journal of Physical Education, Recreation and Dance, one of the long standing professional journals in the area of physical education, in the section research works states that:

One of the objectives of the U.S. Department of Health and Human Services (1996) is to increase the proportion of people six years of age and older who exercise on a daily basis, at light to moderate levels of intensity for at least 30 minutes.¹



The CDC (1997) is noted in the same article to say, . . . efforts [must] be made to provide extracurricular activities that meet the needs and interests of all the students.

The importance of school-sponsored programs is due to their on-campus accessibilities and the opportunities that they provide for all interested students.²

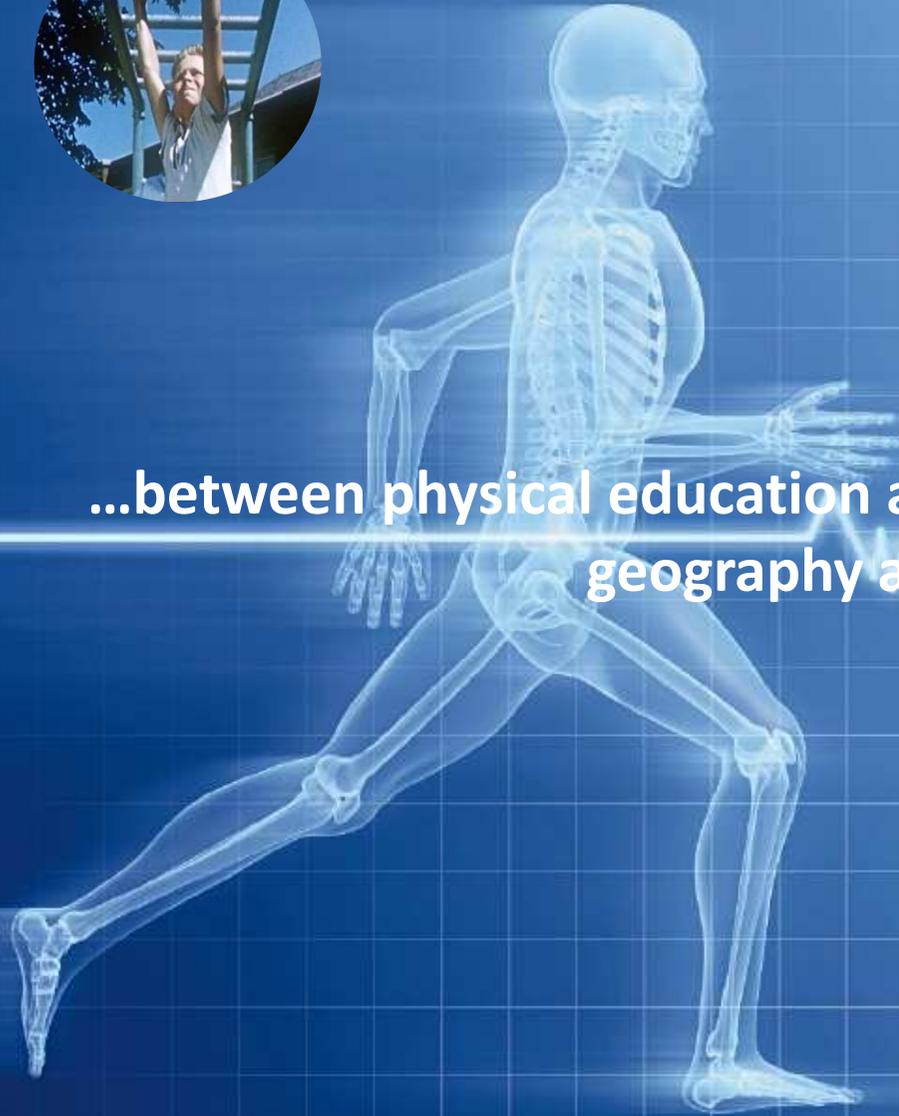




...running “around an oval track or around a field”⁴ adds to the excitement of engaging in collaborations...



...between physical education and academic subjects such as geography and history.





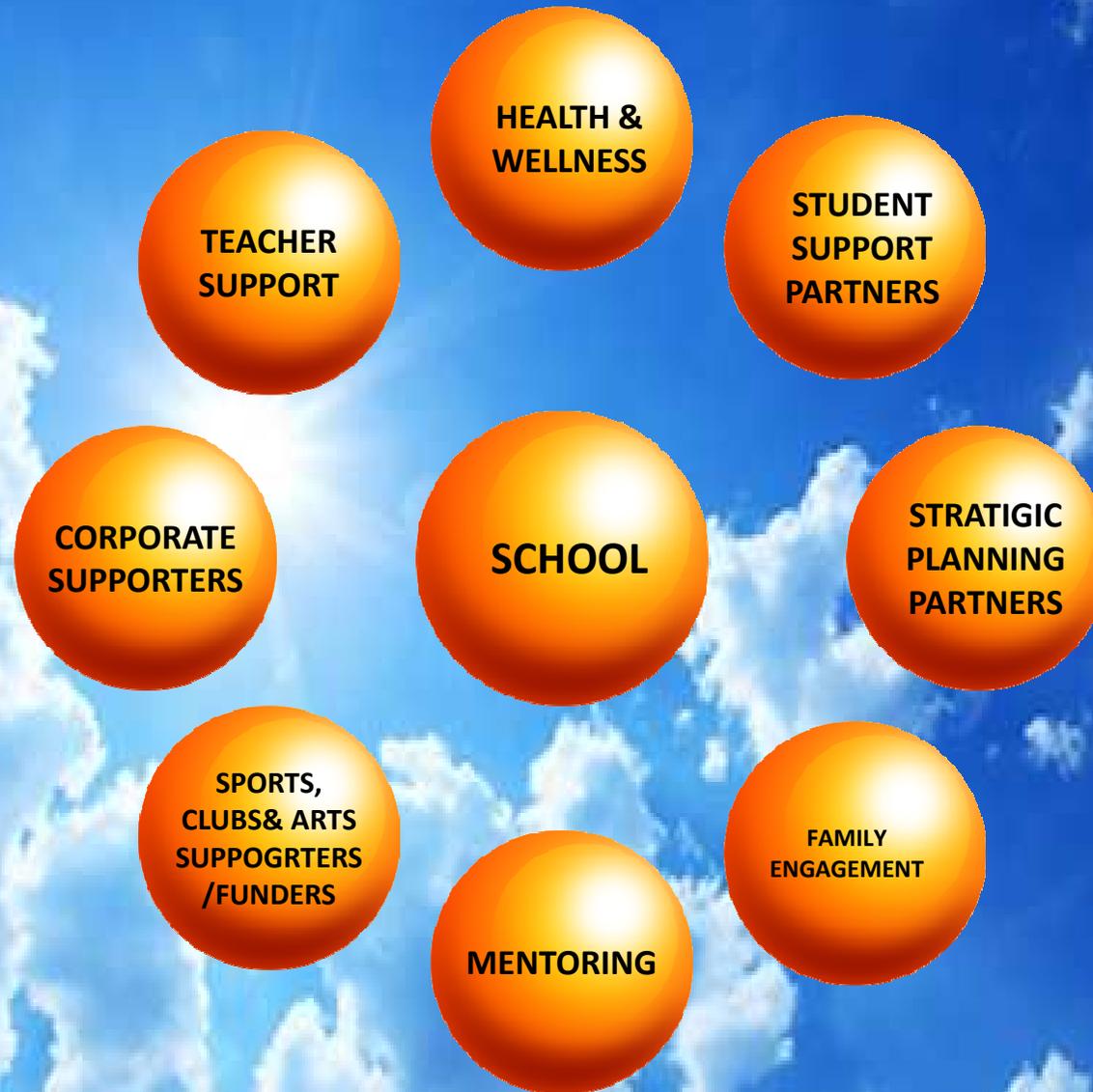
improve school physical activity



...to provide children with a “quality” experience; an experience that fully models what the sporting experience is, requires the use of an outdoor field.



Such an endeavor takes time.



It takes the cooperation of administrators, teachers and other “critical friends”.



Children are the ones who will benefit when they are given the opportunity



to experience a varied physical education curriculum that includes outdoor games and sports.

