

A publication of Fitness for Youth

## A Quest for Quality—Part II

So, do you have the vision for the physically educated person (see January issue)? Great! To achieve this goal, we need quality physical education programs. Use the following criteria, selected and used by Michigan's Exemplary Physical Education Curriculum (MI-EPEC) project, to distinguish quality.

**Step #1—Customize Program.** Tailor curriculum to match school attributes and specific community needs (e.g. emphasize cross-country skiing in the north; swimming on the coast; 3-on-3 basketball in cities). Emphasize quality over quantity.

**Step #2—Body of Knowledge?** What should be taught at what grade level? Should I present soccer, basketball or volleyball? How much time should be spent on each unit? For too long, individual teachers have been left to do their own thing. This approach has not worked. Rather, a comprehensive method is needed to make sure

essential elements of physical education are clearly defined. These include motor skills, personal/social skills, knowledge, fitness skills, leisure and lifetime skills.

**Step #3--Teaching Steps.** Teaching steps assure that children learn a particular skill by dissecting it into small steps, achievable with 10 to 20 minutes of work. Combining these "small" successes should move them from no ability to defined levels of competence. The child then experiences physical activity with reward, pleasure and benefit.

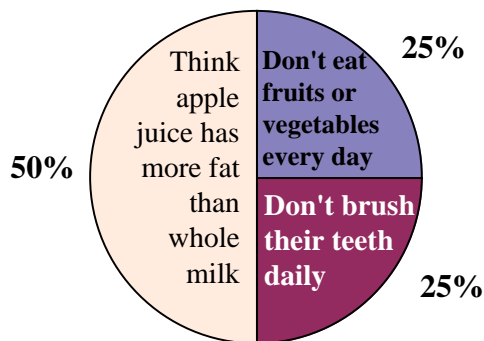
**Step #4--Appropriate Activities.** The traditional model in physical education is providing activity and hoping something good will happen. A better approach is to match appropriate activities with teaching steps to help the child achieve success.

(Steps 5 and 7 next month)

### SOMETHING TO PONDER

#### Our Work Is Cut Out For Us

From a survey of 3,112 children in grades 2 through 6  
by the American Cancer Society



59% do not wear a helmet every time they ride a bike.

36% think watermelon has more fat than American cheese.

34% of sixth graders have tried alcohol.

12% think AIDS is a disease caused by vaccination.

11% of sixth graders have already smoked.

7% plan to smoke cigarettes, 15% aren't sure.

7% said aspirin is an illegal drug.

*Jackson Citizen Patriot, March 29, 1995*