



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 PE, 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 variety of physical activities in multiple environments that support the 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



