
Discipline-Based Professional Teaching Standards For Teachers Of Physical Education

I. Content Knowledge

Physical education teachers use their understandings of physical education content and concepts of the sub-disciplines of the field to support and encourage learner expression through movement and physical activity. Key domains of knowledge include:

- motor development and motor learning;
- exercise science, including biomechanics, physiology and kinesiology;
- physical activity and wellness;
- movement forms and concepts;
- sociology and psychology of movement; and
- legal and safety issues.

II. Growth and Development

Physical education teachers use their understanding of how students learn and develop to provide opportunities that support their physical, cognitive and emotional development through physical activity.

III. Diverse Learners

Physical education teachers understand how individuals differ in their approaches to learning and physical performance and design appropriate instruction adapted to allow all students to develop the skills and knowledge to feel success in and enjoy physical activity throughout their lives.

IV. Management and Motivation

Physical education teachers use their understanding of the motivation and behavior of students and groups to encourage learners to participate in physical activity inside and outside of school and to promote mutual respect, support, safety and cooperative participation.

V. Planning and Instruction

Physical education teachers plan and implement a variety of developmentally appropriate instructional strategies and activities that maximize learner participation in safe learning experiences for the purpose of developing physically educated students.