

PECAT

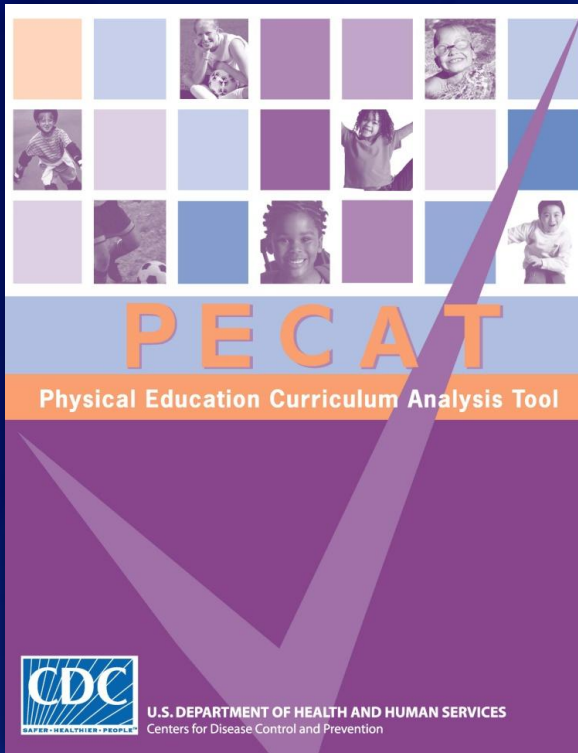
Physical Education Curriculum Analysis Tool

Lessons for Physical Education Teacher Preparation Programs

PECAT: Lessons for Physical Education Teacher Preparation Programs

As a result of participating in all five lessons, students will be able to:

- Summarize the purpose, importance, function, organization, and use of the PECAT.
- Determine key sections of the PECAT.
- Explain how effective physical education curricula contribute to the development of a physically educated student.
- Summarize the *National Standards for Physical Education* in relationship to the PECAT.
- Explain how the *National Standards for Physical Education* can be used to design curricula.
- Apply the PECAT scoring rubrics to the review of a physical education curriculum.
- Assess a physical education curriculum using the PECAT.



Introduction to CDC's

PECAT

Physical Education Curriculum Analysis Tool*

Lesson 1

* Centers for Disease Control and Prevention. *Physical Education Curriculum Analysis Tool*. Atlanta, GA: U.S. Department of Health and Human Services; 2006.

Lesson 1: Objectives

After completing this lesson, students will be able to:

1. Identify the components of a high-quality physical education program.
2. Explain the elements of a high-quality physical education curriculum.
3. Explain the importance and purpose of the PECAT.
4. Explain a variety of ways the PECAT can be used.
5. Define key terms used in curriculum development and specific to the PECAT.
6. Identify key sections of the PECAT.

Components of a High-Quality Physical Education Program*

1. **Written curriculum.**
2. **Policies and environment.**
3. **Instruction.**
4. **Student assessment.**

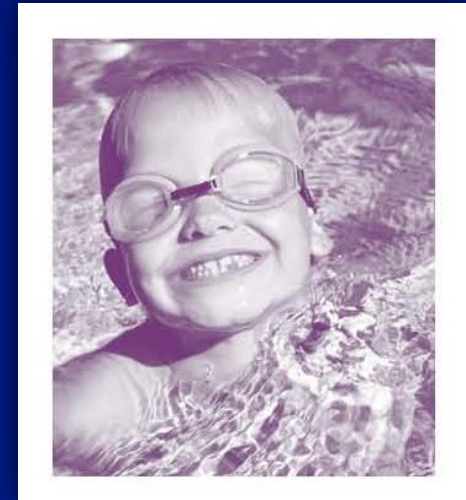
* National Association for Sport and Physical Education. *Moving into the Future: National Standards for Physical Education*. 2nd ed. Reston, VA: National Association for Sport and Physical Education, 2004.

Outcomes of a High-Quality Physical Education Program

Students have the appropriate

- Knowledge,
- Skills,
- Behaviors, and
- Self-efficacy

...to be physically active for life!



Curriculum Fundamentals

- **What is a curriculum?**
- **What are the elements of a high-quality physical education curriculum?**
- **What is curriculum alignment?**

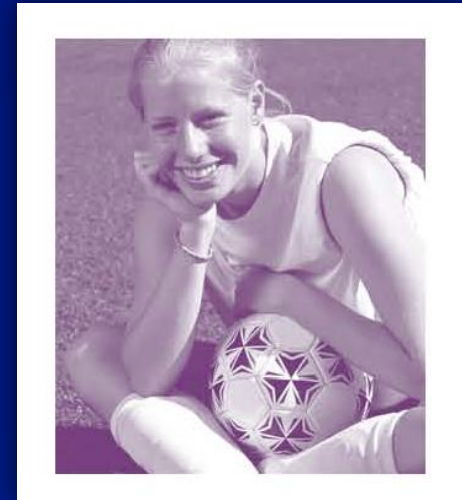
What is a Curriculum?

It is ...

- **A part of a larger program,**
- **A map to guide instruction,**
- **Systematically developed,**
- **Based on a guiding philosophy, and**
- **A living document.**

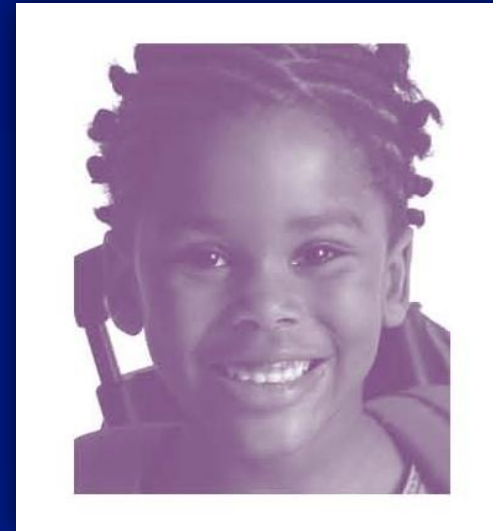
Key Elements of a Quality Physical Education Curriculum

- **Overview**
- **Goal(s)**
- **Scope and sequence**
- **Unit(s)**
- **Lesson plans**
- **Background information**
- **Assessment of student learning**



Key Parts of a Quality Lesson Plan

- Targeted grade level
- Physical Education Standards
- Instructional objectives
- Procedures
- Learning experiences
- Materials and equipment
- Assessment of student learning



Curriculum Alignment

- **The ongoing process of bringing congruence to the written curriculum, taught curriculum, and assessed curriculum so that**
- **All that is assessed has been taught, and**
- **What is taught encompasses the written curriculum.**

A nationally recognized tool to help physical education teachers and others ensure that their physical education curriculum is effective at improving the physical activity of school-aged youth.

Physical Education Curriculum Analysis Tool

* Centers for Disease Control and Prevention. *Physical Education Curriculum Analysis Tool*. Atlanta, GA: U.S. Department of Health and Human Services; 2006.

The Purpose of the PECAT

To help schools

- **Conduct a clear, complete, and consistent analysis of written physical education curricula.**
- **Develop a written curriculum that will ensure high-quality physical education.**
- **Ensure that the physical education curriculum addresses *National Standards For Physical Education*.**

Sections of the PECAT

- **Overview of high-quality physical education.**
- **Information about physical education curricula.**
- **Tools to assess a curriculum.**
- **Resources for developing a curriculum improvement plan.**



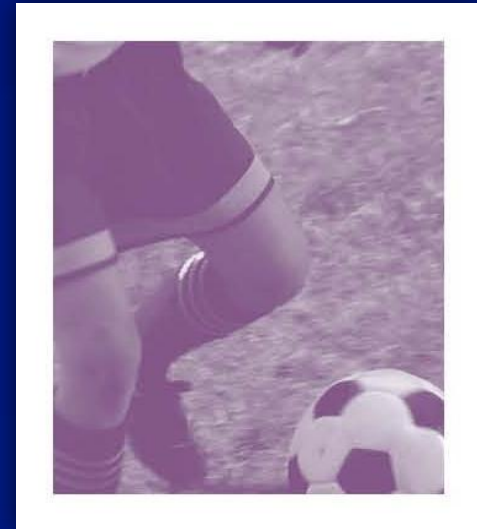
The PECAT Can Be Used To...

- **Assess locally and commercially developed physical education curricula.**
- **Identify strengths and weaknesses of written curricula.**
- **Provide a vision of what should be included in a high-quality, written physical education curricula.**
- **Create an improvement plan based upon the results.**



Rationale to support the PECAT

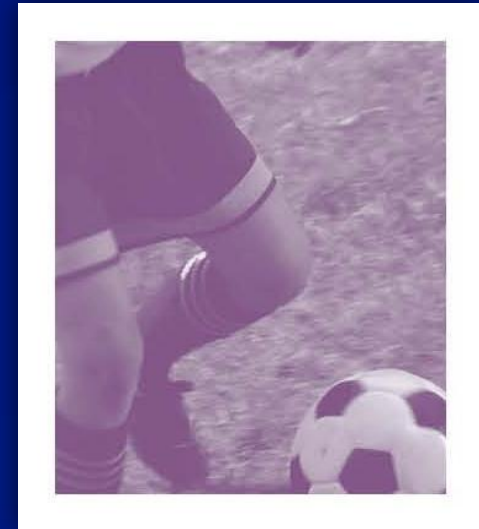
- **Students need to be more physically active.***



* U. S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. Chapter 3. Active Children & Adolescents. Washington, DC: U.S. Department of Health and Human Services, 2008.
<http://www.health.gov/PAGuidelines/guidelines/chapter3.aspx>

Rationale to support the PECAT

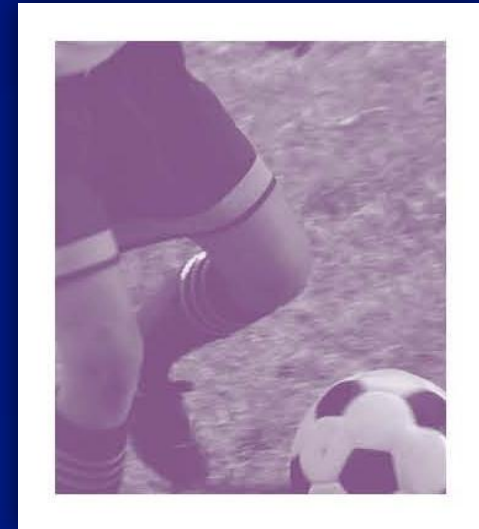
- **Schools must play a role in improving physical activity habits and health of students.***
- **The physical education curriculum is the primary means by which schools deliver physical education.**



* U. S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. Chapter 3. Active Children & Adolescents. Washington, DC: U.S. Department of Health and Human Services, 2008.
<http://www.health.gov/PAguidelines/guidelines/chapter3.aspx>

Rationale to support the PECAT

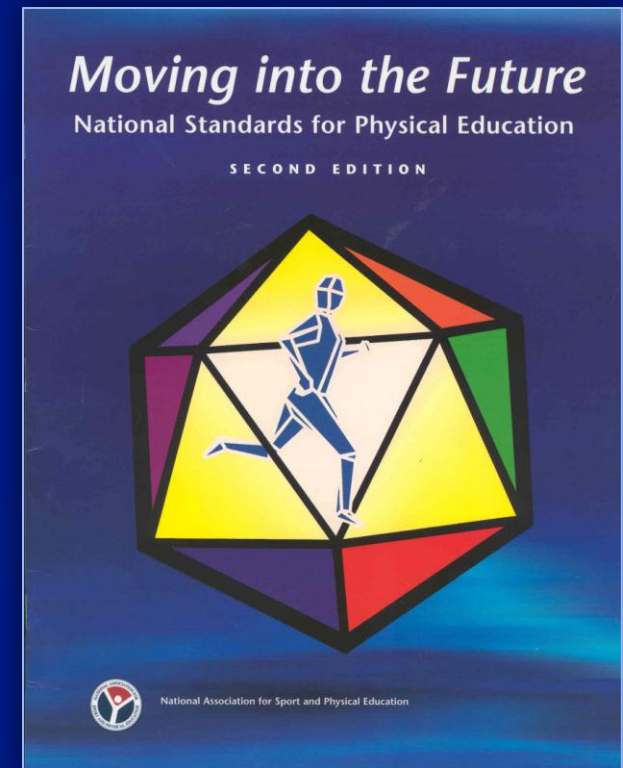
- **National consensus reported in federal documents supports the importance of providing high-quality, daily physical education for all students.**
- **Before the PECAT, no tool was available to analyze written physical education curricula.**



* U. S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. Chapter 3. Active Children & Adolescents. Washington, DC: U.S. Department of Health and Human Services, 2008.
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Foundation of the PECAT

- Based upon the *National Standards for Physical Education**.
- Uses the student expectations of each standard.

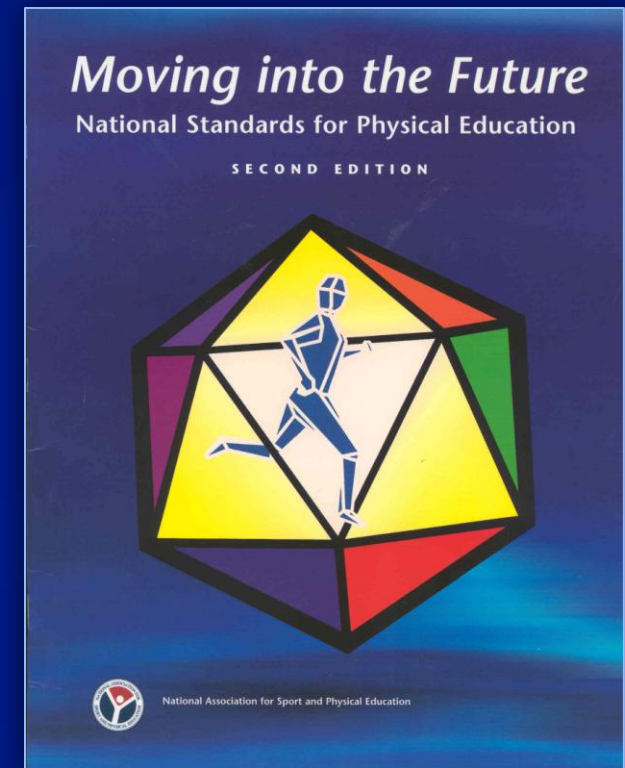


* National Association for Sport and Physical Education. *Moving into the Future: National Standards for Physical Education*. 2nd ed. Reston, VA: National Association for Sport and Physical Education, 2004.

Relevance and Use of the *National Standards for Physical Education**

The *National Standards* are:

- **Consistent,**
- **Widely accepted, and**
- **Directly related to effective physical education curricula.**

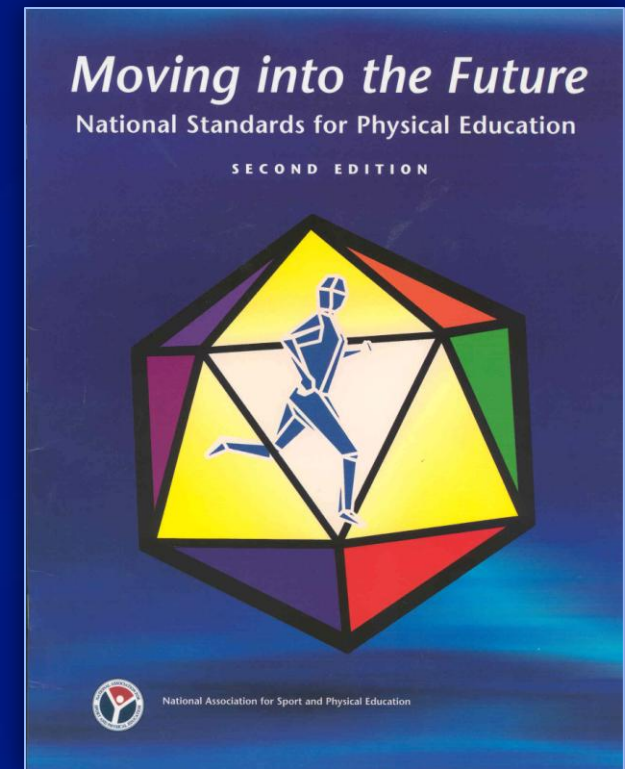


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Use of the *National Standards for Physical Education** to Guide Curriculum Development

The *National Standards* can be used

- **As a framework for analyzing written curricula.**
- **To guide the development of new curricula.**



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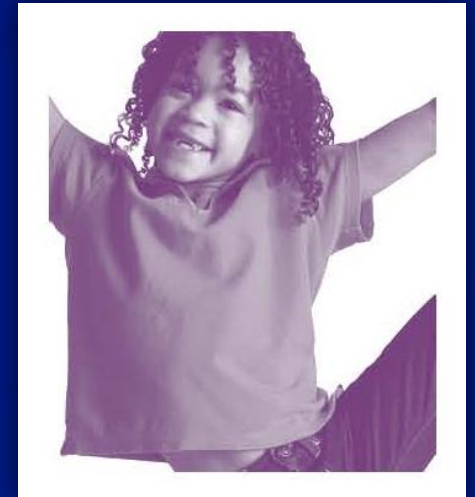
National Standards for Physical Education *

The learner ...

- 1. Demonstrates competency in motor skills and movement patterns.**
- 2. Demonstrates understanding of movement concepts, principles, strategies, and tactics.**
- 3. Participates regularly in physical activity.**
- 4. Achieves and maintains a health-enhancing level of physical fitness.**
- 5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**
- 6. Values physical activity.**

Who can use the PECAT?

- **State education agency staff.**
- **Curriculum committees or physical educators at school districts, schools, or community organizations.**
- **Other curriculum developers.**
- **Colleges and other pre-service teacher training programs.**



What can the PECAT do?

- **Use of the PECAT will help school districts and schools identify effective physical education curricula.**
- **Effective physical education curricula will improve the ability of schools to positively influence motor skills and physical activity behaviors among school-aged youth.**



Importance of Physical Education and Curriculum Selection

Conduct a thorough and complete curriculum selection process

Utilize high-quality physical education curricula

Implement high-quality physical education instruction

Promote physical activity for life

What's Next?

The remainder of this lesson...

- **Learn what is in the PECAT and how it is organized.**

Future lessons...

- **Learn how to analyze written physical education curricula using the PECAT.**
- **Learn how to improve physical education curricula based on the results of the PECAT analysis.**

Any questions?

For more information please contact Centers for Disease Control and Prevention

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

National Center for Chronic Disease Prevention and Health Promotion

Division of Adolescent and School Health

