HIGH-QUALITY PHYSICAL EDUCATION PROGRAMS

High-quality physical education can improve motor skills and physical activity behaviors among school-age youth. A high quality program consists of:

- A **written physical education curriculum**, which provides guidance for teaching skills and physical activity instruction. A high-quality physical education curriculum should be based on the national standards found in *Moving Into the Future: National Standards for Physical Education,1* which describes what a physically educated student should know and be able to do. The PECAT focuses on analysing the written curriculum.
- **Policy and environmental actions** requiring
  - adequate instructional time,
  - classes taught by qualified physical education specialists,
  - reasonable class sizes, and
  - proper equipment and facilities.
- **Instructional strategies** emphasizing
  - inclusion of all students,
  - opportunities to be physically active the majority of class time
  - out-of-school assignments that support learning, and
  - not using physical activity as punishment.
- **Regular student assessment** featuring
  - appropriate use of physical activity and fitness assessment tools,
  - ongoing opportunities for students to assess and monitor their own physical activity,
  - communication with students and parents about assessment results, and
  - explanation of how students are graded, if needed.

To obtain a copy of the PECAT, choose one of the following options:

Download from the CDC Website:
http://www.cdc.gov/healthyyouth/PECAT

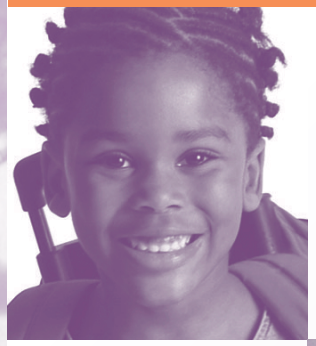
Request by e-mail: cdc-info@cdc.gov

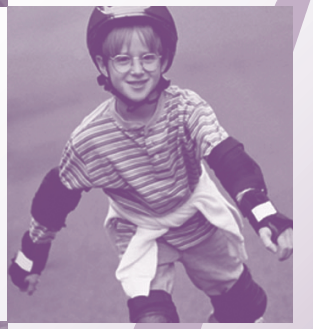
Request by phone: (800) CDC-INFO

Request by phone for hearing impaired:
(888) 232-6348

PECAT

Physical Education Curriculum Analysis Tool





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Physical Education Curriculum Analysis Tool

PECAT

The Physical Education Curriculum Analysis Tool (PECAT) is an assessment tool developed by the Centers for Disease Control and Prevention s Division of Adolescent and School Health (DASH), in partnership with physical education experts representing state education agencies, school districts, schools, colleges, and national organizations.

The PECAT helps school districts to conduct a clear, complete, and consistent analysis of written physical education curricula (grades k 12), for the delivery of high-quality physical education in schools.

NEED FOR THE PECAT

Schools have the opportunity to increase participation in physical activity through physical education. Schools can help improve he physical activity habits and health of young ople by providing quality curricul m and ruction, programs, and services at promote yable, lifelong physical activity. -quality physical education pro am is erstone of a school s physical ac pr ramming, and a well-written ph ed ation curriculum is the foundat ph ical education program. The PE bles users to conduct a thorough analysis of the written physical education curriculum and create a curriculum improvement plan.

PECAT USERS

Users of the PECAT include:

- Curriculum committees or physical educators in school districts, schools, or community organizations.
- State education agency staff.
- Other curricula developers.
- Institutions of higher education.
- School-level physical education departments.

STANDARDS-BASED PHYSICAL EDUCATION

The PECAT is based upon the National Standards for Physical Education, found in the document *Moving Into the Future: National Standards for Physical Education* from the National Association for Sport and Physical Education. These standards are a widely accepted guidance tool that frames physical education curriculum content at state and local levels.

The National Standards emphasize meaningful content, including:

- Instruction in a variety of motor skills designed to enhance child and adolescent development.
- Fitness education and assessment that allows students to understand and improve their physical well-being.
- Development of cognitive concepts related to motor skills and fitness.
- Opportunities to improve social and cooperative skills.

ORGANIZATION OF THE PECAT

The contents of the PECAT are organized as follows:

- Introduction and instructions.
- Part One includes preliminary curriculum considerations: accuracy, acceptability analysis, feasibility analysis, and affordability analysis.
- Part Two includes content and student assessment analyses.
- Part Three consists of the curriculum improvement plan.
- Appendices include an example of a completed scoring sheet, the National Physical Education Standards, a glossary of terms, and a comprehensive list of resources.

USE OF THE PECAT

Follow these steps:

1. Select a PECAT coordinator, form a PECAT committee, and identify the roles and responsibilities of each member.
   The PECAT coordinator will lead the committee's efforts. The committee might include: an existing curriculum review committee, physical education coordinators, curriculum specialists, physical education teachers, college professionals, parents, students, public health practitioners, health education teachers, and school administrators.

2. Review curriculum materials, the PECAT, and any additional state or local standards.

3. Complete the curriculum description form and the preliminary analyses for accuracy, acceptability, feasibility, and affordability of the curriculum.

4. Review the instructions for scoring, and then complete the Content and Student Assessment Analyses. The analyses determine whether the content described in the curriculum matches the national physical education standards, and whether there are protocols matched with each national physical education standard to guide the assessment of student skills and abilities.

5. Create a plan for improvement. The curriculum improvement plan guides users through a process of:
   - Interpreting and evaluating PECAT scores.
   - Completing and implementing the improvement plan.