



GLENDALE UNIFIED SCHOOL DISTRICT

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Dear Students and families,

Why do we do Physical Education? What is the purpose? Why is Physical Education important? I am sure many of you have asked yourselves or each other these questions and I am here to happily explain the why, the purpose, the importance, and the goal of Physical Education. I teach **Physical Education** to give the students the tools to be healthy and to prepare to live their best life. The **purpose of Physical Education** is to teach equity, inclusion, and the preparation for all students to live their best lives which is the foundation of the better world we all hope will emerge from the COVID Crisis.

The **goal** and the **outcome** of **Physical Education** is **Physical Literacy** which means the ability to move with **competence** and **confidence** in a **wide variety of activities** in multiple environments that benefit the **healthy development** of the **whole person**. Competence refers to the working development of student skill levels to a point where they can participate recreationally. The goal is not in an elite level and not to create varsity athletes, but rather to equip students with the skill levels to engage at the playground or park and to move with confidence. Confidence refers to your belief in your ability to perform a skill in a wide variety of activities such as dance, fitness activities, games, gymnastics, individual activities, outdoor pursuits, etc. Additionally, confidence to perform a skill is not referring to just one sport or activity and is also referring to several different activities in multiple environments such as land, air, snow, ice, and water. Environments that benefit the healthy development of the whole person refers to not only the physical, but also the social, emotional, and cognitive intellectual development. This is a journey that is unique to each one of us that starts with our first heart beat and continues to our last.

Physical Literacy is the foundation of all education which allows individuals to make meaning of the world and **actively** engage in society. Developing physical literacy requires learning which is the difference between Physical Education and Physical Activity. In **Physical Education** students develop their physical literacy and physical literacy enables them to be physically active. **Physical Literacy** conveys the importance of active participation which is on the playground, at the park, in daily living, on the job, and in other words in life. Therefore, the ultimate goal begins at improving health and grows to improving the quality of life.

Now that you know the why, I want you to understand that I work very hard to teach the students the why and the goal of Physical Education by creating standards based lessons that are designed to reduce students' "I can't" while increasing and creating students' "I cans." Every "I can" opens a gateway to participation in Physical Activity. My lessons also focus on inclusion such that **all** students have the right and should have the means and the opportunity to develop to their full potential. I also focus my lessons on being meaningful experiences because I want to light a fire in the students to motivate them to engage in physical activity on their own time.

In conclusion, the why and the goal of **Physical Education** is for the students to develop their **physical literacy** which is the gateway to active participation in life. Physical Education is about appreciating your comforts and discomforts, choosing an appropriate level of challenge for yourself, and growing beyond your fears into the fullest expression of yourself. Additionally, **Physical Education** focuses on encouraging discussions of fitness, health, and physical activity while emphasizing on the importance of learning through doing. I want students to strive to meet your individualized physical best, to become physically educated individuals, and to develop lifelong healthy lifestyle choices to improve the quality of life. **Physical Education** also emphasizes on the importance of working cooperatively to achieve a common goal as well as building foundations for physical, social, emotional, and mental health.

If you would like more information regarding the importance of **Physical Education**, please check out these wonderful resources for additional information.

WHY IS PHYSICAL EDUCATION A STUDENT'S MOST IMPORTANT SUBJECT?

<https://lasocialscience.ucla.edu/2019/09/11/why-is-physical-education-a-students-most-important-subject/>

Why is physical education a student's most important subject? By William Simon, Jr.; TEDxUCLA

<https://youtu.be/azuBmRnRYpo>

Want Smarter, Healthier Kids? Try Physical Education! By Paul Zientarski; TEDxBend

<https://youtu.be/V81cO8xyMaI>

Active Kids, Active Minds By Kathleen Tullie; TEDxNatick

<https://youtu.be/HsyHmLPaPI>

The Brain Changing Benefits of Exercise By Wendy Suzuki; TedWomen 2017

https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise?utm_campaign=tedsbread&utm_medium=referral&utm_source=tedcomshare

If you have any questions or concerns, please email me at adyer@gusd.net

Thank you for your time and support.

Respectfully,

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Physical Education Teacher

Horace Mann Elementary School, Cerritos Elementary School, and Columbus Elementary School

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