

## **Fitness Focus – Athletics and Physical Education (“*Facts and Philosophies*”)**

### Athletics (ages 5-18)

1. Extracurricular activity program.
2. Locally designed according to interest/skill
3. Supervised by local coaches who may or may not be credentialed/trained
4. Supported by entry fees, booster club, game revenue, student body
5. Might: be restricted by skill, segregated by gender, limited by handicap
6. Goals are short term, narrow in focus, determined by coaches, competition levels and schedules
7. Program is structured, instructional and provides spectator entertainment
8. Experiences limited to number of approved sports, number of coaches, officials, teams, players and rules restricting eligibility
9. Competitive and focused
10. Program may or may not educate students physically, mentally and socially

### Physical Education (grades K-12)

1. Part of the school/district program
2. Follows state framework/standards
3. Classes are conducted and instruction given by state credentialed teacher
4. Paid through general school budget
5. All participate with out regard to skill, gender, or handicap
6. Goals are long term, broad in focus, based on individual needs and interest
7. Program is instructional, sequential and developmental
8. Unlimited number and quality of experiences that can be offered
9. Cooperative, competitive and exploratory
10. Program is based on educating students physically, mentally and socially

## **LESSON REVIEW**

1. Describe what the programs have in common.
2. Describe how the programs are different.
3. Which of the 10 “facts and philosophies” of **athletics** do “YOU” think benefit people the most? Why?
4. Which of the 10 “facts and philosophies” of **physical education** do “YOU” think benefit people the most? Why?
5. Describe your philosophy on athletics. (purpose, goals, guidelines)
6. Describe your philosophy on physical education. (purpose, goals, guidelines)