

#4 NASPE SCOPE AND SEQUENCE OF FITNESS EDUCATION FOR PREK-12 PROGRAMS

NATIONAL ASSOCIATION FOR SPORT AND PHYSICAL ASSOCIATION (NASPE)

Project, 2010

Topic for advocacy HEPA - Physical Activity and Health and Local clubs / Education and Active Schools

<https://www.casedupage.com/wp-content/uploads/NASPE-Scope-and-Sequence-of-Fitness-Education-for-PreK-12-Programs.pdf>

Description of the good example

The project was carried out by the National Association of Sport and Physical Association (NASPE) in 2010. NASPE is the largest of the five professional organizations within the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), now known as SHAPE America. The Fitness Education Project illustrates how to improve the quality and quantity of physical education and physical activity programs across the United States. The cooperative agreement project provides professional development, technical assistance, and resources to state and local education organizations, to assist them in improving their physical education and physical activity programs.

Target - Who can best use this example or document?

State and local education organizations, local and national governments, physical education teachers, curriculum coordinators, fitness leaders.

**All information in this entry is sourced from the link above and contact mentioned in the document.*

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

The project is a good example of knowledge-sharing, advocacy intervention and building capacity in civil society organisations to engage in active, cross-sector advocacy. It is a good example of the possibilities of changing and modelling the complete national approach to Physical Activity and Education.

Learning points - What can we learn from it?

The project is a resource that defines the planning of fitness education concepts, and the behavioural skills from elementary school through college in physical education and health courses, to ensure appropriate instructional practices at all developmental levels.

Further information

National Association for Sport and Physical Association (NASPE)
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<https://www.shapeamerica.org>