Every student should have the opportunity to participate in quality physical education. Helping students develop the knowledge and skills to select and participate in physical activity safely, competently and with personal satisfaction is a responsibility of physical education. It is the unique role of quality physical education programs to help all students develop health-related fitness, physical competence, cognitive understanding and positive attitudes about physical activity so that they can adopt healthy and physically active lifestyles.

Florida’s physical education standards are grade-specific for grades K-8 and arranged by grade band for grades 9-12. The standards are based upon established physical education theories and evidence-based research and are derived from the national standards for physical education. They provide the framework for alignment of curriculum, assessment and instruction at the local school-district level. All of Florida’s state standards, course descriptions and other applicable resources can be found at www.cpalms.org.

Florida’s physical education standards are organized around four strands that define the major elements of quality physical education. These strands are relevant across all grade levels and provide unifying threads of understanding. The resources contained in this tool kit are grouped by the applicable physical education strand.

- Movement Competency
- Cognitive Abilities
- Lifetime Fitness
- Responsible Behaviors and Values

The Society of Health and Physical Educators (SHAPE America) states that physical education develops the physically literate individual through deliberate practice of well-designed learning tasks that allow for skill acquisition in an instructional climate focused on mastery. Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person (Mandigo, Francis, Lodewyk & Lopez, 2012). During physical education class, students practice the knowledge and skills they have learned through physical activity, which is defined as any bodily movement that results in energy expenditure.

The resources provided in this toolkit are intended to enhance an existing standards-based physical education program, as well as promote physical activity in the classroom. This document is available at the Florida Department of Education Physical Education webpage at http://www.fldoe.org/academics/standards/subject-areas/physical-edu.
Strand: Movement Competency

PE Central

PE Metrics

Adapted Physical Education National Standards

Activity-based Nutrition Lessons

Online Physical Education Network (OPEN)

Mooga (Yoga) Poster

Physical Educator Resources

TeAchnology Lesson Plans

CDC Tips for Teachers

SPARK Elementary Physical Education Sample Lesson Plans

SPARK Middle School Physical Education Sample Lesson Plans

SPARK High School Physical Education Sample Lesson Plans

PBS Teachers (click on health and physical education at the top in each grade level)

Strand: Cognitive Abilities

WHALE Tales Aquatics Lessons

CDC Sun Safety

Be Safe in the Sun

Kid's Health Sun Safety

Physical Education and Academic Performance

Health and Academics

Move to Learn
Brain Breaks

Palm Beach County Schools Physical Activity Lessons

K-5 Classroom Energizers

Grades 6-8 Healthful Living Classroom Energizers

Grades 6-8 Language Arts Classroom Energizers

Grades 6-8 Science Classroom Energizers

**Strand: Lifetime Fitness**

Florida's Pedestrian and Bicycle Safety Resource Center

Safe Routes to School

Florida Department of Transportation Pedestrian and Bicycle Safety Initiative

CDC E-learning Series: School Health Guidelines to Promote Healthy Eating and Physical Activity


CDC Youth Physical Activity Guidelines Toolkit

Presidential Youth Fitness Program

President’s Council on Fitness, Sports and Nutrition

Heart Rate Activity: Body Positions and Physical Activity (CPALMS)

United States Department of Agriculture (USDA) Team Nutrition Resources

Tips for Teachers - Promoting Physical Activity and Healthy Eating

Fruits & Veggies More Matters

Healthy Eating and Academic Achievement Podcast

Healthy Eating for a Healthy Weight

Know Your Nutrition Book
Strand: Responsible Behaviors and Values

Physical Education Statutory Requirements

Elementary: Section 1003.455, F.S., requires 150 minutes of physical education each week for students in grades K-5. A minimum of 30 consecutive minutes is required on any day that physical education instruction is provided.

Middle: Section 1003.455, F.S., requires one semester of physical education each year for students enrolled in grades 6-8.

High: Section 1003.4282, F.S., requires one credit in physical education with the integration of health.
Adapted Physical Education

Teaching Adapted Physical Education and Activity

I Can Do It, You Can Do It! Program

Resources for Inclusion in Physical Activity

Inclusive Physical Education: Disability Awareness

Brockport Physical Fitness Test Introduction

Brockport Physical Fitness Test Manual

Free Technology Teaching Tools

Plickers (assessment)

Socrative (assessment)

Popplet (mind mapping)

Kahoot (assessment)

Poll Everywhere (survey/assessment)

Google Forms (survey/assessment)

Quizlet (study tool)

QR Codes (scannable link)

Voxer App (communication)

Padlet (collaboration)

Powtoon (animated videos)

Whiteboard App (information display)

Storify (curation tool)
Additional Instructional and Professional Resources

Society of Health and Physical Educators - SHAPE America

Society of Health and Physical Educators – SHAPE Florida

Florida Department of Education Office of Healthy Schools

Florida Department of Education Office of Safe Schools

Florida Department of Education Human Trafficking Webpage

HIV/STD Prevention, Teen Pregnancy Prevention and Sexual Health Education

Physical Education Curriculum Analysis Tool

Whole School, Whole Community, Whole Child (WSCC)

Florida Department of Agriculture Living Healthy in Florida

USDA Diet and Activity Supertracker

Supertracker Lesson Plans for High School

Healthiest Weight Florida

Youth Risk Behavior Survey Data

Comprehensive School Physical Activity Programs

Strategies to Improve the Quality of Physical Education

Fuel Up to Play 60

Action for Healthy Kids

Alliance for a Healthier Generation

Let’s Move Active Schools
Building a Healthy School District

Florida Healthy School District Self-Assessment Tool

Sample On-hold Wellness Messages

Sample "Tip of the Day" Messages for Grades K-5

Sample "Tip of the Day" Messages for Grades 6-12

Sunshine State Games

Florida High School Athletic Association (FHSAA)

GoNoodle

Group Games for School-Aged Kids

Indoor Physical Activity Ideas for Kids

Cold Weather Movement Fun

My Plate Resources