

Florida Department of Education

K-12 Physical Education Resource Toolkit

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 E-learning Series: Comprehensive School Physical Activity Program: A Guide for Schools](#)

[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](#)



[Let's Go! 5210 K-5 Toolkit](#)

[KickinNutrition.TV](#)

[Nutrition Facts](#)

[School Health Guidelines to Promote Healthy Eating and Physical Activity](#)

[Super Kids Nutrition](#)

[Florida Department of Agriculture Fresh for Florida Kids](#)

Strand: Responsible Behaviors and Values

[HEADS UP to Youth Sports Concussion Information](#)

[HEADS UP Concussion Training Course](#)

[Concussion in Sports Online Course](#)

[Heat Illness Prevention Online Course](#)

[Bullying Prevention](#)

[CDC Bullying Resources](#)

[CDC Stress Management Resources](#)

[CDC National Asthma Control Program](#)

[Mental and Emotional Fitness](#)

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](#)