

## **What Makes Benjamin Franklin's Physical Education the Best?**

### **Common Questions**

#### **Why is physical education important?**

- To help bring down the rising trend in childhood obesity which is the leading cause of diseases such as diabetes, heart disease and respiratory ailments.
- It introduces children to health and skill related activities that can be enjoyed throughout their lifetimes.
- Studies have suggested a high correlation between physical activity and academic achievement.

#### **How has physical education changed since I was in school? (The New P.E.)**

- The emphasis is not only on calisthenics
- P.E. is no longer just "rolling out the ball" or "dodge ball"

We believe in:

- Assessments (written and oral)
- Rubrics
- State and National Standards
- Progressions
- Age appropriateness
- Safety
- Full inclusion with modifications depending on ability
- Proper social conduct in the physical setting
- Innovative ways to incorporate activities

#### **How is physical education any different from recess?**

Recess is an important part of a school day; however, it differs from, and cannot replace physical education. Recess is an unstructured time that gives children the opportunity to play and explore, whereas, physical education is a planned instructional program with specific goals and objectives. Both essential, but must not be confused or used to replace another. Unlike recess, physical education class teaches students concepts, skills and behaviors that will be applied to activities they perform.

**Can my child use physical education concepts at home?**

Absolutely!!! Any concepts and skills that the children learn in class can and certainly should be used at home or during any physical activity. Physical Education is not linked to just their class time or competitive athletics, it can be used for individual enjoyment throughout the child's lifetime. Students are encouraged to share what they have learned with their family and friends and try to get them involved as well.

**What do your children need to participate in Benjamin Franklin P.E.?**

All children need to wear athletic sneakers that are made for running and jumping. The sneakers should have proper support around the entire foot and heel. Since children do not need to change for class, each child should wear loose, comfortable clothing that they can move in.

Children **SHOULD NOT** wear the following for class:

- Shoes
- Sandals (or sneakers that look like sandals)
- Boots (students can change into sneakers)
- Sneakers made for fashion (platform, or with no support for the ankle)
- Dresses or skirts