PECAT
Physical Education Curriculum Analysis Tool

Lessons for Physical Education
Teacher Preparation Programs
PECAT: Lessons for Physical Education Teacher Preparation Programs

As a result of participating in all five lessons, students will be able to:

- Summarize the purpose, importance, function, organization, and use of the PECAT.
- Determine key sections of the PECAT.
- Explain how effective physical education curricula contribute to the development of a physically educated student.
- Summarize the National Standards for Physical Education in relationship to the PECAT.
- Explain how the National Standards for Physical Education can be used to design curricula.
- Apply the PECAT scoring rubrics to the review of a physical education curriculum.
- Assess a physical education curriculum using the PECAT.
Introduction to CDC’s

PECAT
Physical Education Curriculum Analysis Tool*

Lesson 1

Lesson 1: Objectives

After completing this lesson, students will be able to:

1. Identify the components of a high-quality physical education program.
2. Explain the elements of a high-quality physical education curriculum.
3. Explain the importance and purpose of the PECAT.
4. Explain a variety of ways the PECAT can be used.
5. Define key terms used in curriculum development and specific to the PECAT.
6. Identify key sections of the PECAT.
Components of a High-Quality Physical Education Program*

1. Written curriculum.

2. Policies and environment.

3. Instruction.

4. Student assessment.

Outcomes of a High-Quality Physical Education Program

Students have the appropriate

- Knowledge,
- Skills,
- Behaviors, and
- Self-efficacy

...to be physically active for life!
Curriculum Fundamentals

- What is a curriculum?
- What are the elements of a high-quality physical education curriculum?
- What is curriculum alignment?
What is a Curriculum?

It is . . .

- A part of a larger program,
- A map to guide instruction,
- Systematically developed,
- Based on a guiding philosophy, and
- A living document.
Key Elements of a Quality Physical Education Curriculum

- Overview
- Goal(s)
- Scope and sequence
- Unit(s)
- Lesson plans
- Background information
- Assessment of student learning
Key Parts of a Quality Lesson Plan

- Targeted grade level
- Physical Education Standards
- Instructional objectives
- Procedures
- Learning experiences
- Materials and equipment
- Assessment of student learning
Curriculum Alignment

- The ongoing process of bringing congruence to the written curriculum, taught curriculum, and assessed curriculum so that
  - All that is assessed has been taught, and
  - What is taught encompasses the written curriculum.
A nationally recognized tool to help physical education teachers and others ensure that their physical education curriculum is effective at improving the physical activity of school-aged youth.

The Purpose of the PECAT

To help schools

- Conduct a clear, complete, and consistent analysis of written physical education curricula.
- Develop a written curriculum that will ensure high-quality physical education.
- Ensure that the physical education curriculum addresses *National Standards For Physical Education.*
Sections of the PECAT

- Overview of high-quality physical education.
- Information about physical education curricula.
- Tools to assess a curriculum.
- Resources for developing a curriculum improvement plan.
The PECAT Can Be Used To...

- Assess locally and commercially developed physical education curricula.
- Identify strengths and weaknesses of written curricula.
- Provide a vision of what should be included in a high-quality, written physical education curricula.
- Create an improvement plan based upon the results.
Rationale to support the PECAT

- Students need to be more physically active.*

Rationale to support the PECAT

- Schools must play a role in improving physical activity habits and health of students.*
- The physical education curriculum is the primary means by which schools deliver physical education.

Rationale to support the PECAT

- National consensus reported in federal documents supports the importance of providing high-quality, daily physical education for all students.

- Before the PECAT, no tool was available to analyze written physical education curricula.

Foundation of the PECAT

- Based upon the *National Standards for Physical Education*.
- Uses the student expectations of each standard.

Relevance and Use of the National Standards for Physical Education*

The National Standards are:

- Consistent,
- Widely accepted, and
- Directly related to effective physical education curricula.

Use of the *National Standards for Physical Education* to Guide Curriculum Development

The *National Standards* can be used

- As a framework for analyzing written curricula.
- To guide the development of new curricula.

National Standards for Physical Education *

The learner . . .

1. Demonstrates competency in motor skills and movement patterns.

2. Demonstrates understanding of movement concepts, principles, strategies, and tactics.

3. Participates regularly in physical activity.

4. Achieves and maintains a health-enhancing level of physical fitness.

5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

6. Values physical activity.

Who can use the PECAT?

- State education agency staff.
- Curriculum committees or physical educators at school districts, schools, or community organizations.
- Other curriculum developers.
- Colleges and other pre-service teacher training programs.
What can the PECAT do?

- Use of the PECAT will help school districts and schools identify effective physical education curricula.
- Effective physical education curricula will improve the ability of schools to positively influence motor skills and physical activity behaviors among school-aged youth.
Importance of Physical Education and Curriculum Selection

1. Conduct a thorough and complete curriculum selection process
2. Utilize high-quality physical education curricula
3. Implement high-quality physical education instruction
4. Promote physical activity for life
What’s Next?

The remainder of this lesson...

- Learn what is in the **PECAT** and how it is organized.

Future lessons...

- Learn how to analyze written physical education curricula using the **PECAT**.
- Learn how to improve physical education curricula based on the results of the **PECAT** analysis.
Any questions?

For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333
Telephone, 1 800 CDC INFO (232 4636)/TTY: 1 888 232 6348
E mail: cdcinfo@cdc.gov    Web: www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.