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Physical Education Survey Results-2006

ABOUT THE TEACHERS

Currently, there are 624 teachers teaching physical education in Maine Public Schools.. **Two hundred eighty seven teachers responded to this survey.**

40% have taught for more than 10 years and 57% plan on teaching at least 10 more years.

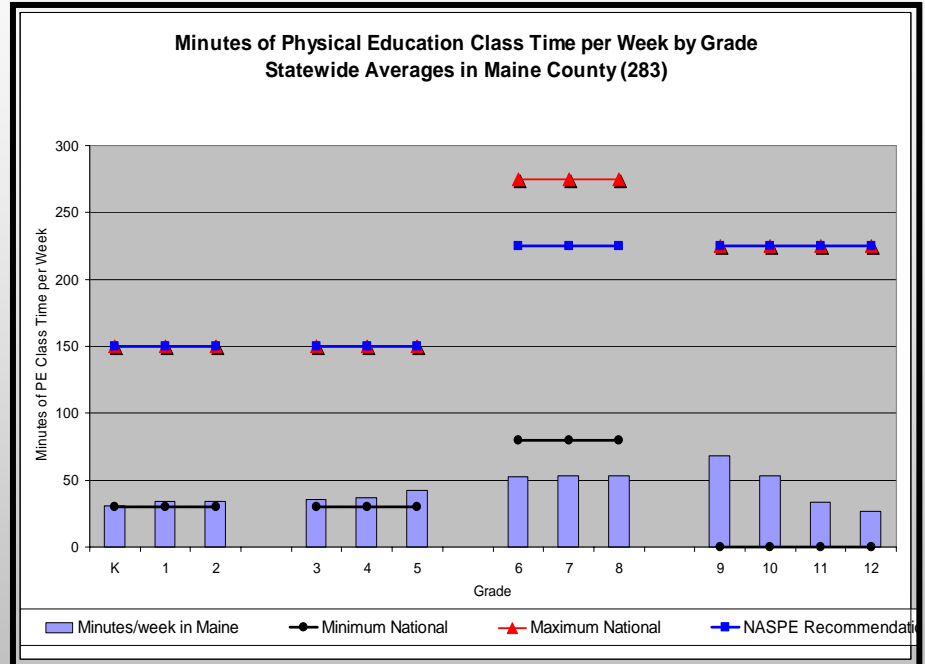
29% hold a Masters Degree.

30 teachers reported certification in Adapted Physical Education, 170 teachers reported certification in Health Education and 9 teachers reported certification in Dance Education.

67% teach full time and 74% teach in only one school..

The average student to teacher ratio in physical education is 20:1.

There are 1,217 certified physical education teachers in the State of Maine (MDOE certification office November 2006.)



PHYSICAL ACTIVITY TIME FOR STUDENTS “OUTSIDE” OF CLASS

Almost 44% of teachers reported students get 20 minutes or more of recess per day.

26% of teachers reported students get no physical activity breaks during the day outside of scheduled physical education.

41 % of teachers reported schools offer fitness room, open gym, motor breaks, Take Time Program to students during the day.

PHYSICAL EDUCATION TIME FOR STUDENTS

■ In **Grades K-5** students receive 1 day per week for about 37 minutes per class. (30 minutes, 5 days a week recommended *)

■ In **Grades 6-8** students receive 2 days per week for about 37 minutes per class.(45 minutes,5 days a week recommended *)

■ In **Grades 9-12** students receive 2.5 days per week for about 75 minutes per class and usually taken for half a year. State requires 1 credit for graduation. (45 minutes, 5 days a week recommended*)

*Recommendations by National Association for Sport and Physical Education.



DEPARTMENT OF

Education

STATE OF MAINE



TECHNOLOGY IN PHYSICAL EDUCATION

- 49% use pedometers.
- 31% use heart rate monitors.
- 42% use instructional video/DVD.
- 72% want more professional development in technology and 55% identified the need for heart rate monitor instruction.

ABOUT THE SCHOOL CURRICULA AND ASSESSMENTS

- 224 have a written physical education curriculum and 96% have the curriculum aligned to the Maine Learning Results.
- 254 teach some form of lifetime sports that includes dance, snow shoeing, hiking/camping, tennis, golf, rock climbing etc.
- 84% would like more professional development opportunities in lifetime sports.
- 229 respondents integrate or collaborate with other content areas; health and mathematics the most common.
- 84% administer fitness assessments, 62% administer motor skill assessments, 48% use physical activity assessments, 57% use performance assessment, 20% use portfolio assessments, and 71% use written assessments.



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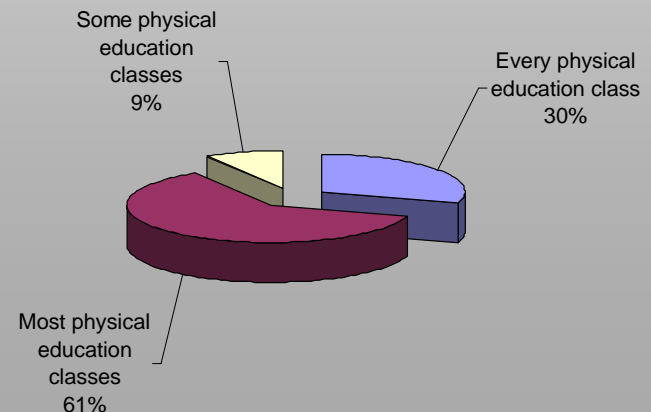
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Physical Education in Maine is identified as a core content area and all students are required to meet standards and expectations for learning as defined in the Maine Learning Results.

OTHER HAPPENINGS IN PHYSICAL EDUCATION

- Partnerships with local colleges
- Fitness rooms
- PEP Grants/Best Buy Grants
- Healthy ME classes or overweight students
- Fly fishing courses
- Weight training for students with disabilities
- Posture exercises
- Take a Grown-up to P.E.
- Work Out Warriors – fitness at home program

How often do your students move MODERATELY TO VIGOROUSLY for at least 50% or more of the time during physical education class?



“Of all subject areas taught in school, Physical Education is the only subject which, by the very nature of its content, has the potential to affect how a person will feel every moment of every day for the rest of his or her life.”

~Allen Russell