

Physical Education is Different From Athletics

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Physical Education and Athletics are comparable. In many ways, both allow individuals to participate in games and activities that will keep them healthy. Both focus on teamwork, sportsmanship, and character building. However, the core emphasis in Physical Education is different than Athletics. Below is a list of some of the ways Physical Education and Athletics differ, and why Physical Education is an important part of a student's daily schedule.

- Activities that are taught in Physical Education concentrate on participation rather than competition, which will hopefully allow a student the opportunity to participate in a variety of different activities regardless of physical ability.
- The middle school and high school ages are the best time and provide the most opportunity for students to explore other areas of interest such as outdoor education, dance and rhythmical movement, recreational activities (i.e.-horseshoes, croquet, and bocce ball), team sports, net sports, and a variety of games and activities that are played around the world.
- Physical Education class can concentrate not only on activities and health, but also on responsibility, attitude, teamwork, sportsmanship, fundamentals, respect, communication, goals, life lessons/situations, rules, physical activity, and choices.
- A life-skills class, there are many activities that create an opportunity for students to do research on emotional, social, and intellectual issues. The class provides students with the opportunity to discuss, research, study, and practice skills relating to these situations, which will prepare them for some of the challenges they will encounter in life.
- Exercise and conditioning should happen year round rather than during a specific sport season. The number one activity that people participate in beyond high school is some type of fitness program/exercise (i.e. weight training, yoga, pilates, core training, etc.). Conditioning classes teach students to train safely and effectively.
- "In the past decade, research has demonstrated that virtually everyone can benefit from daily moderate to vigorous physical activity. This finding has tremendous implications for public health and quality of life. The leading cause of death in the United States is cardiovascular disease, which is preventable through healthy lifestyle choices." *Pedometer Power-The Need for Physical Activity.*
- Serious and competitive athletes build strength during the off-season in order to prepare for the upcoming season. During the season, the team or athlete will focus on the skills and tactics of the game, as well as game fitness.
- 2007 NASPE statistics show that only 5% of high school athletes play in college. Physical education prepares students for a multitude of activities that can fill this void.

➤ To summarize a student, "Athletics is recreation and P.E. is education."-Graeme Stockdale '09

Physical education is an opportunity for students to try new things without worrying about the outcome. It is an outlet that allows individuals to release stress and anxiety, celebrate the joy of play with classmates, work on correct fundamentals, learn about themselves, or even prepare for an upcoming sports season.

Physical Education

More Individual Reflection

Learn the Skills

Health and Participation

Class time fits into the schedule

Required

Relaxed

Lessons are situation based

Educational

Athletics

More Team Oriented Reflection

Fine tune an athlete's ability or skill

Competition

Takes away from free time

Choice

Pressure and Mentally Hard

Lessons are when they happen

Recreational