K-12 Physical Education Content Standards

Science & Physical Education Teachers Working Together

Under these content standard philosophies and principles, the collaboration of the science teacher, the physical education teacher, and the health teacher (if separate from the science or physical education teacher) will be both beneficial to the student and pertinent to the curriculum in showing an integrative, holistic approach to health.

Philosophy of Ohio’s Physical Education Academic Content Standards
- Develop the ability to make informed and reasoned decisions to live a healthful lifestyle
- Value physical activity and its contribution to a healthful lifestyle

Guiding Principles for Ohio’s Physical Education Academic Content Standards
- Reflect an essential and unique contribution to the overall education of students
- Serve as the foundational concepts and skills needed for a healthful lifestyle
- Provide opportunities for physical education teachers to integrate content with other subject matter to contribute to an interdisciplinary school curriculum
- Connect what is done in the physical education class with the lives of students outside the classroom

Talk to your school’s physical education teacher about teaching the science and practice of a healthful lifestyle TOGETHER.