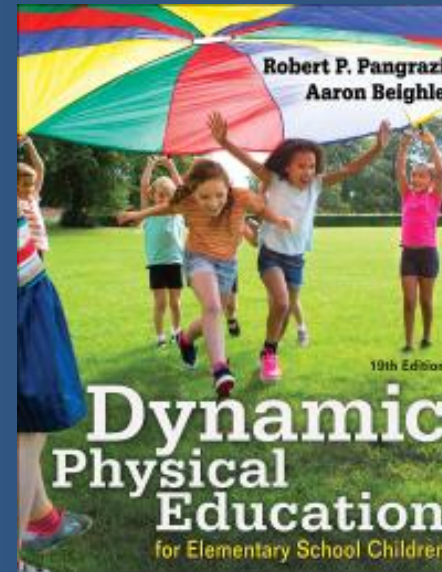
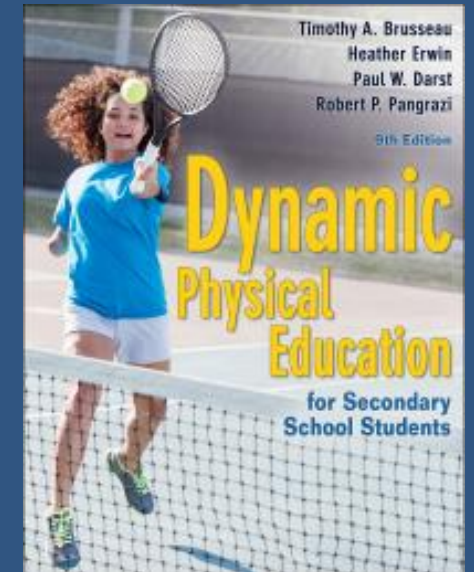


# Dynamic Physical Education:

Continuing the legacy of PETE



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# Dynamic Physical Education: 50+ years





- Pedagogy Influences
  - Movement education
  - Perceptual-motor Programs
- Social Influences
  - Public health
  - Accountability in education
- Research
  - Physical activity
  - Pedagogy
  - School-based initiatives
  - Behavior change
- Reality
  - Time for physical education
  - Change is the only constant
  - Muddled mission



# Authors



- Dr. Victor Dauer
  - 1968 Grant
  - Traveled Europe
  - Authored first edition
- Dr. Robert Pangrazi
  - PE supervisor Pullman, WA
  - Dauer's doctoral student
  - Current author
- Dr. Paul Darst
  - Secondary focus
- Me
  - Luckiest man on earth
- Dr. Tim Brusseau
  - Secondary
- Dr. Heather Erwin
  - Secondary

# Foundation

- Standards
  - Created in 1996
  - DPE addresses the standards
- Needs and characteristics of students
  - Student centered
- Physical activity
  - Focus from the beginning
- Social and personal responsibility
  - Better human beings first
- Inclusive
  - Ahead of the time
- Process focus
  - Success yields enjoyment yields sustainability



# Foundation

- Motivational research
- Physiological research
  - Fitness
  - Maturation
- Motor Learning research
- Pedagogy research
  - Classroom
  - Physical education
- Psychology and Sociology research



# Elementary School Programs Should Focus on...



- Making activity FUN!
- The process
- Discovering personal likes and dislikes related to skills and fitness
- Adapting activities to fit student needs
- Inclusion, not exclusion, of all students
  - ability levels, gender, and disabilities should not prevent students from a positive experience
- Exploration, self-expression, value, challenge, movement



# Secondary School Programs Should Focus on...

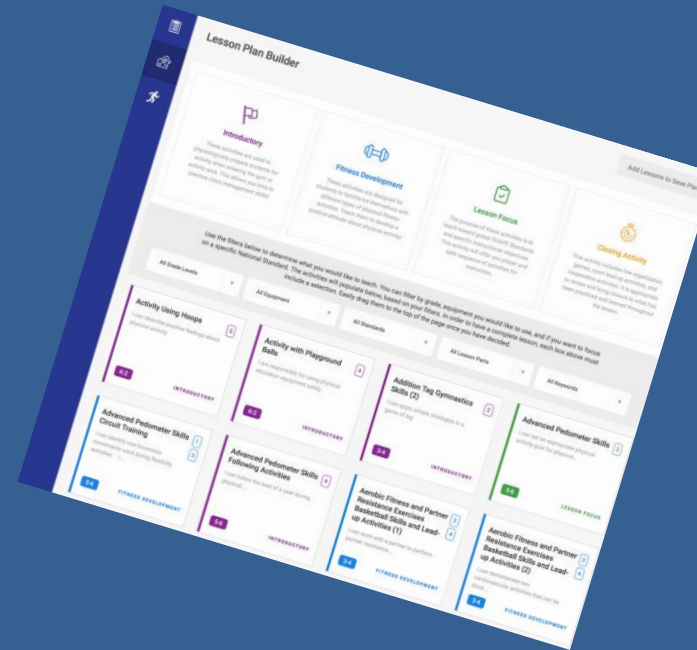
- Student autonomy
- Authentic Learning
- Understanding the how and why of activity
- Finding activities students enjoy
- Discovering why they enjoy the activity
- Focus on models





# Uniqueness

- 4 part lessons
- Ready to use lesson plans
- Management is essential
- Physical activity promotion
- Textbook with application



## Introductory

These activities are used to physiologically prepare students for activity when entering the gym or activity area. This allows you time to practice class management skills!



## Fitness Development

These activities are designed for students to familiarize themselves with different types of physical fitness activities. Teach them to develop a positive attitude about physical activity!



## Lesson Focus

The purpose of these activities is to teach toward global SHAPE Standards and specific instructional objectives. This activity will offer you proper and safe sequence of activities for instruction.



## Closing Activity

This activity includes low organization games, sport lead-up activities, and cooperative activities. It is appropriate to review and bring closure to what has been practiced and learned throughout the lesson.

# Does it work?

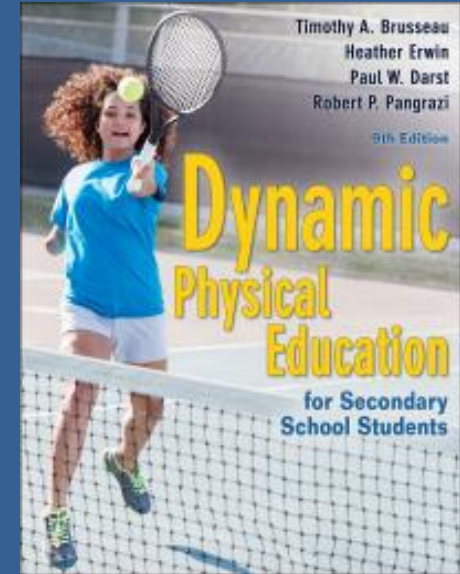
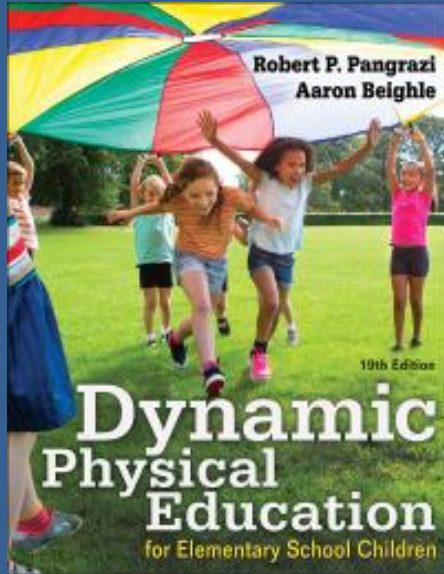
- Piloted for 50 years
  - 8 years in Pullman, WA
  - 42 years in Mesa, AZ
  - 15 years in Lexington, KY
- Research
  - 1500 steps in 30 minutes (Morgan et al, 2006)
  - 65-80% PA during lessons (Erwin et al, 2013)
- Need quality secondary programs and research



# The Legacy of Dynamic Physical Education



- Youth who leave with a positive feeling toward activity
- Youth who are competent in a few self-selected physical skills
- Youth who know the facts of activity and wellness
- The result: Physically active youth who mature into active adults



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