Common Core or Not

The state of California has adopted Common Core State Standards (CCSS) and it is a governing state with a major role in development and decision making within the assessment consortium of Smarter Balanced (SBAC). CCSS are national standards that provide both a clear and consistent understanding of what students should learn. CCSS reflects the skill and knowledge that children and adolescents need for real world success (National Education Association). So how does Physical Education fit into CCSS, one may ask? Well, Physical Education is actually a Technical Subject of the CCSS and by incorporating various subjects, including Physical Education, it is assumed to provide students a well-rounded education. The implementation of CCSS can be achieved at any grade level, but teachers must be both competent and confident in how they prepare their lessons in order to be successful. Effective teachers who create lessons that are based on the CA Physical Education content standards are already on the correct path of implementing CCSS successfully. Utilizing various instructional methods and providing students with diverse activities will help make the transition of solely creating Physical Education content standards-based lessons to clearly incorporating CCSS. However, instructional methods and activities within lessons are the implementation piece (practical piece) of understanding how the two standards merge together. It is important to clearly understand Physical Education content standards, CCSS and how they merge with one another by going through the steps process. If this foundational understanding lacks, it is possible for teachers to simply provide activities (which may clearly teach toward both standards or not) to their students without having a clear understanding of what and why specific activities may or may not be evidence of student learning. It is beneficial for every Physical Education teacher to understand how to merge the two standards correctly, and identify correct examples to duplicate with modifications, in order to create instruction and activities that meet their specific student population needs.