



CONNECTING NATIONAL PHYSICAL EDUCATION STANDARDS WITH MARATHON KIDS

The Marathon Kids program naturally integrates into the five National Physical Education standards set by SHAPE America, a Society of Health and Physical Educators.

These help define what a student should know and be able to do as a result of a highly effective Physical Education program.

SHAPE	MARATHON KIDS
<p>Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p>	<p>Participants will:</p> <ul style="list-style-type: none"> ▶ Perform and practice a variety of motor skills and movement patterns depending on activities selected for <u>warm up</u>, <u>running games</u>, through running/walking laps, and <u>cool-down activities</u>.
<p>Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.</p>	<p>Two of the six evidenced-based pillars of the program are Goal Setting and Tracking.</p> <p>Participants will:</p> <ul style="list-style-type: none"> ▶ Evaluate their performance and reflect on their contribution to the club. ▶ Review and assess their own data as it relates to reaching their own goals and also helping their class, grade and club reach their <u>cumulative goals</u>. ▶ Enjoy self-pace movement. ▶ <u>Learn vocabulary and strategies to improve endurance and overall health.</u>
<p>Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p>	<p>The program is designed to teach kids that being physically active is a fun, social activity that only requires a pair of shoes.</p> <p>Participants will:</p> <ul style="list-style-type: none"> ▶ Experience a motivating and encouraging environment. ▶ Feel a part of a team, their <u>individual effort contributes to the overall goal</u>. ▶ Learn that consistency is key to staying physically active. ▶ Develop a growth mindset through intrinsic motivation, achieving goals, and feeling an improvement in their endurance.
<p>Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p>	<p>Three of the six evidenced-based pillars of the program are Modeling the Way, Social Support, and Celebrating.</p> <p>Participants will:</p> <ul style="list-style-type: none"> ▶ Observe adults who <u>model healthy behaviors</u> and respect for all participants. ▶ Learn from observing others through the social environment, real-life situations, and watching their peers be successful. ▶ Observe others' work ethic, determination, and social interaction while getting to celebrate others' achievements and feel a part of a team.
<p>Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>	<p>Participants will:</p> <ul style="list-style-type: none"> ▶ Have fun participating and feel included ▶ Experience a motivating group that encourages staying active. ▶ Get to socialize while being physically active

*SHAPE America. (2013). National Standards for K-12 Physical Education. Reston, VA: Author.