

1.) What, if any, Physical Education requirements does your school have? (how many hours/classes per week, etc?) Elementary Students receive PE every other day for 40 minutes per day. Middle School students receive PE every other day for 65 minutes.

High School students are required to take PE as 9<sup>th</sup> and 10<sup>th</sup> graders to fulfill their graduation requirements. Grades 9 and 10 have PE every other day for the entire year for eighty minutes per day. Grade 11 & 12 fitness courses are also offered as PE electives.

2.) What type of Physical Education courses does your school offer? For example, do the students have a choice as to what PE activity they participate in, or is everyone required to do the same activity at a certain time?

At SAS/Pudong we have developed an innovative, integrated, individual fitness based PE curriculum where skill development, individual fitness, and motor learning are introduced at the Elementary level transitioning into Middle school, where individual heart rate monitors are introduced to the fitness model and individual skills are reinforced and refined through traditional sport units as well as non traditional games and sports. High school PE is a rigorous fitness based curriculum with the continuation of individual heart rate monitors and the exposure of our students to a wider variety of traditional and non traditional sports/activities with the emphasis on using these acquired skills in real life settings. We understand that after they leave the doors of SAS, the large majority of our students will never play on an organized team or be involved in an organized health enhancing activity so the possession will fall on themselves to maintain a healthy active lifestyle. Our optimal goal is to offer a non-threatening, physical education environment that will foster a lifetime commitment to physical activity as part of a healthy lifestyle.

3.) Why is Physical Education important to a students' curriculum? It's 2013 and it truly is a shame that this question is still being posed. Effective efforts made now will help our students avoid a lifetime of chronic disease and disability.

Unfortunately, according to *Journal of School Health*. 2007, only 3.8% of elementary, 7.9% of middle, and 2.1% of high schools provide daily physical

education or its equivalent for the entire school year.

With the academic rigor of a school such as SAS we understand the importance and value of the commitment to providing a “world class” PE curriculum so our students can succeed.

A growing body of evidence demonstrates the benefits of physical education beyond fitness. Several large-scale studies found improvements in students’ academic performance and cognitive ability with increased time spent in physical education.

<http://www.activelivingresearch.org/resourcesearch/summaries>

Also recent studies have found a strong correlation between aerobic fitness and academic performance as measured by grades in core subjects and standardized test scores. *Medicine & Science in Sports & Exercise* 2006 & *Journal of Sport & Exercise Physiology* 2007