



Department of Public Instruction
600 E Boulevard Ave., Dept. 201, Bismarck, ND 58505-0440
(701) 328-2260 Fax - (701) 328-2461

Kirsten Baesler
State Superintendent

Robert J. Christman
Deputy Superintendent

www.nd.gov/dpi

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Contact: Dale Wetzel, Public Information Specialist

Office 701-328-2247

Cell: 701-400-8557

Email: dewetzel@nd.gov

Baesler Unveils New ND Physical Education Standards

BISMARCK, N.D. – North Dakota Superintendent Kirsten Baesler has approved new state standards for physical education, which cover everything from basketball and soccer skills to the proper habits for keeping healthy as an adult.

North Dakota's physical education standards were last revised in 2008. The new standards take effect Sept. 1, Baesler said Friday.

“North Dakota schools embody a longstanding tradition to build on success and improve. These standards establish our measures for success. These standards anchor us and guide us,” the superintendent said. “If we are to continue to improve as an educational system, then it is these standards that will lead us to our goal.”

A committee of North Dakota instructors and physical education experts wrote and reviewed the standards during the past year, inviting public comment as they did so. The panel included representatives from all grade levels and areas of the state, urban and rural areas, special education, and the state university system.

To develop the new standards, the committee reviewed physical education research, existing standards from North Dakota and other states, and the recently revised standards published in 2013 by SHAPE America (Society of Health and Physical Educators).

A draft of the standards was prepared and opened for public comment in mid-October. They were used to prepare a second draft, which was opened for public comment in late February. The second comment period ended April 20. In all, the committee reviewed 175 comments about the proposed standards.

The committee then recommended a final set of standards to Superintendent Baesler. She approved them earlier this month.

The standards outline physical skills in basketball, soccer and other activities that North Dakota students are expected to have at specific grade levels.

Kindergarteners, for example, should be able to hit a ball with a paddle. Second graders should be able to catch a ball with their hands without trapping it against their bodies. Third graders should be able to dribble a basketball and move at the same time. Sixth graders should be able to make a pass to a moving receiver while standing still.

The standards also go beyond traditional skills. They focus on what a student needs to learn to maintain lifelong habits for physical activity. The new document includes standards on warming up, cooling down, stretching, and designing and keeping to an exercise program.

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The standards document can be viewed on the Department of Public Instruction's website [here](https://www.nd.gov/dpi/uploads/87/phy_ed2015.pdf):
https://www.nd.gov/dpi/uploads/87/phy_ed2015.pdf

It includes the names of the individuals who worked on the standards committee.

For additional information, please contact Gail Schauer, assistant director for safe and healthy schools, North Dakota Department of Public Instruction. Her email address is gschauer@nd.gov. Her telephone number is 701-328-2265.

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