

ABSTRACT

DISSERTATION/THESIS/RESEARCH PAPER/CREATIVE PROJECT: Physical Education: Enhancing the Core Curriculum

STUDENT: Damian Disque

DEGREE: Master of Science

COLLEGE: Physical Education- Teacher Education

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This creative project is designed to highlight examples of physical education programming integrating core curriculum standards into the physical education setting. This proposed programming is based on both national and state standards as well as the latest research-based teaching strategies. Each lesson in this unit builds upon the previous lesson- allowing for progression in learning for each student. Employing these methods and using this unit as a model can be helpful in supporting the value and belief in the importance of physical education as part of a well-rounded education.