



K-12 Content by NASPE Standards

EPEC K-12 program objectives and benchmarks are consistent with the standards for physical education published by the National Association for Sports and Physical Education (NASPE) in 1995. EPEC K-5, EPEC 6-12 and the EPEC High School Gateway Course each contain content to achieve the seven NASPE content standards for physical education (see Table 1).

The EPEC K-5 program is based on a physical education program that meets two 30-minute class periods per week. The EPEC 6-12 program is based on a physical education program that meets five 40-minute class periods per week (exclusive of dressing and showering). The EPEC High School Gateway Course is a year-long course based on a physical education program that meets five 40-minute class periods per week (exclusive of dressing and showering).

	EPEC K-5	EPEC 6-12	EPEC Gateway Course
NASPE Content Standard 1 Demonstrates competency in many movement forms and proficiency in a few movement forms.	✓	✓	✓
NASPE Content Standard 2 Applies movement concepts and principles to the learning and development of motor skills.	✓	✓	
NASPE Content Standard 3 Exhibits a physically active lifestyle.	✓	✓	✓
NASPE Content Standard 4 Achieves and maintains a health-enhancing level of physical fitness.	✓	✓	✓
NASPE Content Standard 5 Demonstrates responsible personal and social behavior in physical activity settings.	✓	✓	✓
NASPE Content Standard 6 Demonstrates understanding and respect for differences among people in physical activity settings.	✓	✓	✓
NASPE Content Standard 7 Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.	✓	✓	✓

Table 1. EPEC K-12 Content and NASPE Standards.

EPEC Volleyball Module by NASPE Standards

The EPEC Volleyball Module meets all NASPE Standards through a variety of knowledge and skill objectives, instructional procedures and assessments (see Table 2).

The Volleyball Module is based on a physical education program that meets 15 40-minute class periods per instructional level, over the course of three levels, for a total of 45 40-minute classes. Each 40-minute class period includes 15 minutes of personal conditioning content and excludes time required for dressing and showering.

EPEC Volleyball Module	NASPE Standards						
	1	2	3	4	5	6	7
Person Conditioning Component		✓	✓	✓	✓		
Teaching/Learning Content							
Volleyball Vocabulary		✓					
Volleyball Equipment & Facilities			✓				
Volleyball Rules	✓				✓		
Volleyball Etiquette					✓		
Volleyball Game Play	✓				✓		
Sportsmanship					✓	✓	
Volleyball Safety & Injury Prevention		✓			✓		
Using Biomechanical Information	✓	✓					
Partner Observation & Feedback	✓	✓			✓	✓	✓
Fitness Components in Volleyball	✓		✓				
Block	✓	✓					
Forearm Pass	✓	✓					
Jumping Spike	✓	✓					
Overhand Serve	✓	✓					
Set/Overhead Pass	✓	✓					
Standing Spike	✓	✓					
Underhand Serve	✓	✓					
Assessment Content							
Teacher Assessments of Skills	✓	✓					
Partner Assessments of Skills	✓	✓			✓	✓	✓
Knowledge Assessment							✓
Attitude Survey	✓						✓
Handouts	✓						
Drills	✓	✓			✓		✓
Graphics	✓	✓					

Table 2. EPEC Volleyball Module and NASPE Standards