PHYSICAL EDUCATION IN THE USA AND RUSSIA

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Physical Education (PE) has been an important part of the K-12 curriculum around the world for many decades. It plays an important role in teaching children how to become lifelong movers through a healthy and active lifestyle. The purpose of this study is to compare Physical Education in the USA and Russia.

**Introduction**

Physical Education (PE) has been an important part of the K-12 curriculum around the world for many decades. It plays an important role in teaching children how to become lifelong movers through a healthy and active lifestyle. The purpose of this study is to compare Physical Education in the USA and Russia.

**United States of America**

Physical Education classes in the United States are not regulated by the country as a whole, but by each state. The USA does not have specific schools that focus on sport or other content areas. The facilities in American schools tend to be safer, newer and better equipped for student learning.

**Russia**

Physical Education classes in Russia are required three days a week from 1st through 11th grade. Two types of private schools that Russia has are Gymnasia which focuses on sport, and Lyceum which focus on other specific topics. The facilities in Russia are not all suited for large PE classes for all students to have opportunities to respond.

**Methods**

Observational research was conducted in the USA and Russia. Interviews with Physical Educators also took place in both countries. While investigation of published requirements were completed.

**Discussion**

The overall school system in both Russia and the United States is similar with being divided into three levels. The two countries both have similar set curriculum of invasion games, net wall games, swimming and diving, dance and gymnastics, and health related fitness.

**Conclusion**

Russia and the United States have similar programs of study for their PE classes. Both countries have been using methods that they learned from each other to better their students’ physical fitness and health.