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The Physical Education Revolution: A Simple Approach for PE Teachers to Stand Out From the Crowd, Transform Lives, Solve the Youth Obesity Crisis, and Awaken the Sleeping Giant in Youth Fitness

Alex Slezak

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Physical Education (P.E.) or “gym class” has been slowly deprioritized and devalued in many schools across the world, and it is time to stand up and speak out to the value and positive impact it can have for our youth. Edmund Burke was famous for saying, “all that it takes for evil to prosper is for good people to do nothing…” While it is unlikely that there is an evil plot to destroy and eliminate P.E. from schools across the globe, if no one stands up for it, eventually P.E. will disappear. Whether you are a current teacher, student dreaming of becoming a teacher, youth sports coach, parent, or are involved with youth in any way shape or form, this book will share with you the real value Physical Education has for the lives of our youth.

In our world of technology and instant gratification, people know the price of everything and the value of very few things. For this book, this means that people know exactly what it costs to run a P.E. program, pay the salary of a teacher, have a facility to hold class and purchase quality equipment, and so on and so forth, but very few people know the real value and impact a quality P.E. experience has on the life of a child. By the time you are done reading this book, you will have a better understanding of what value a quality physical education program can bring to the lives of children.

The Physical Education Revolution is a blueprint for redesigning physical education in our schools. It represents a paradigm shift away from sports-based programs and spells out what quality, fitness-based P.E. programs look like at the elementary, middle, and high school levels.

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