

REAL Teachers

"Responsible Educators Accountable for Learning" are teachers committed to relevant and meaningful quality physical education. REAL teachers use practices that help students develop the skills, knowledge, and values needed to be physically active for the rest of their lives. They do not "roll out the ball". They do not "babysit". They practice their profession with honor and integrity, abstain from using inappropriate teaching practices, follow the standards and guidelines for quality physical education, and continue to learn throughout their careers. REAL teachers are also positive role models for children and youth. Over 1300 teachers have taken our REAL Teacher's Pledge, and administrators and parents have taken pledges to support quality physical education. Check our Quality P.E. Advocacy section for more information, and [take your pledge today!](#)

Who We Are

SupportREALteachers.org is an initiative of the Center for Advancement of Standards-based Physical Education Reform (CASPER). We are grassroots, non-profit organization, 501(c)(3), consisting of REAL teachers, parents, school administrators, and others concerned about quality physical education. We are also a trusted content provider for Brokers of Expertise (myboe.org), a State of California Department of Education website.



CASPER was founded in 1998 by Cathrine Himberg, Ph.D. and is based out of California State University - Chico, where Dr. Himberg teaches Physical Education Teacher Education (P.E.T.E.) in the Kinesiology department, and director Kevin Shephard, M.A. Kinesiology, is obtaining his single subject teaching credential. We are currently seeking funding to launch our "Adopt a REAL PE teacher" and "Adopt a school" campaigns. Our efforts will provide REAL teachers with the cutting edge equipment and tools they need in order to help students develop the skills, knowledge, and the desire they need in order to be physically active now and for the rest of their lives.

Our Mission

Our mission is to challenge physical education programs to help provide solutions to the problem of inactivity in our society.

We advocate for quality physical education taught by REAL teachers in order to help all students develop the skills, knowledge, and the desire they need to become physically active now and for the rest of their lives.

We also advocate respect for the physical education profession by holding teachers and school administrators accountable for meaningful, quality physical education that is congruent with national standards and guidelines.

Our website's role is to promote quality physical education through accountability and access to resources. Our efforts are based on National Association for Sport and Physical Education standards; the guidelines for physical education published by the American Heart Association, the Centers for Disease Control and Prevention, the American Academy of Pediatrics; and the extensive body of research on effective teaching in physical education and exercise's effect on the mind and body.

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