

## *REAL Physical Education Teachers' PLEDGE*

*I solemnly pledge to what I hold most dearly  
that as a teacher I will practice my profession with honor and integrity.*

*I will abstain from using teaching practices considered inappropriate  
and I will follow the standards and guidelines for my profession to the utmost of my power.*

*Always reaching for excellence, I will continue to learn  
and enhance my teaching skills throughout my career.*

*I will be a positive role model for children and youth and do all that I can to help them acquire  
the skills, knowledge and desire they need in order to  
enjoy a lifetime of physical activity.*

*Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Witness: \_\_\_\_\_*

Written by Cathrine Himberg, Ph.D. (January, 2003).

Inspired by the Hippocratic Oath taken by physicians and the Nightingale Pledge for nurses (written by Lystra Gretter in 1893).

The CASPER Foundation  
Center for Advancement of Standards-based Physical Education Reform  
[www.supportREALteachers.org](http://www.supportREALteachers.org)