

Virginia Board of Education Agenda Item



Agenda Item: D

Date: November 21, 2013

Title	Final Review of Proposed <i>Physical Education Program Guidelines for Public Elementary and Middle Schools</i> as Required by HB 1092 (2012)		
Presenter	Ms. Anne D. Wescott, Assistant Superintendent for Policy and Communications		
E-mail	Anne.Wescott@doe.virginia.gov	Phone	(804) 225-2403

Purpose of Presentation:

Action required by state or federal law or regulation.

Previous Review or Action:

Previous review and action. Specify date and action taken below:

Date: October 24, 2013

Action: First review

Action Requested:

Final review: Action requested at this meeting.

Alignment with Board of Education Goals: Please indicate (X) all that apply:

	Goal 1: Accountability for Student Learning
	Goal 2: Rigorous Standards to Promote College and Career Readiness
	Goal 3: Expanded Opportunities to Learn
	Goal 4: Nurturing Young Learners
	Goal 5: Highly Qualified and Effective Educators
X	Goal 6: Sound Policies for Student Success
	Goal 7: Safe and Secure Schools
	Other Priority or Initiative. Specify:

Background Information and Statutory Authority:

Goal 6: These guidelines provide sound policies for student success by promoting health in schools through physical education.

The 2012 General Assembly approved HB 1092 (O’Bannon), a § 1 bill that says: “That the Board of Education shall develop physical education program guidelines for public elementary and middle schools.” A second enactment clause requires that the Board of Education, in developing the guidelines, work with the American Heart Association; the American Cancer Society; the American Academy of Pediatrics, Virginia Chapter; the Virginia Association of School Superintendents; the Virginia School Boards Association and other interested stakeholders, and a third enactment clause requires the guidelines to be developed prior to January 1, 2014.

Summary of Important Issues:

In addition to the stakeholders specified in HB 1092, the Virginia Department of Education sought input from the following organizations: the American and Virginia Alliances for Health, Physical Education, Recreation and Dance; Longwood University; Prevention Connections; the Virginia Alliance of YMCAs; the Virginia Athletic Trainers' Association; the Virginia Association of School Nurses; the Virginia Coalition for Fine Arts Education; the Virginia Foundation for Healthy Youth; the Virginia Municipal League; and the health and physical education program coordinator offices in three local school divisions.

According to the proposed guidelines, physical education programs should: provide students with an opportunity to learn health-enhancing concepts and skills; ensure meaningful content and skills are included in the physical education curriculum; ensure students are taught by highly-qualified health and physical education teachers; and encourage students to be physically active and become physically fit for life. The four guidelines are supported by specific indicators or goals as well as guidance for implementation. In addition to the guidelines, the attached document contains citations to Virginia laws and regulations related to physical education as well as a listing of pertinent references and resources.

Two public comments were received by the Board at its October 24 meeting. The American Health Association recommended adding two indicators under the first guideline, that physical education programs should provide students with an opportunity to learn health-enhancing concepts and skills, and three indicators under the fourth guideline, that physical education programs should encourage students to be physically active and become physically fit for life. These suggested indicators are: (1) all students are required to take physical education in elementary and middle schools; (2) schools offer instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and secondary school) that support intellectual, physical, and personal development; (3) policies are adopted and practices are implemented to attain 150 minutes (elementary) and 225 minutes per week (middle and secondary school) of physical activity a week; (4) policies are developed and programs are implemented to increase the opportunities for daily physical activity outside of physical education, such as opportunities for daily physical activity outside of physical education, such as safe routes to school, intramurals, active recess, classroom breaks, after-school physical activity programming, clubs, and interscholastic sports; and (5) the community provides and supports programs designed to increase physical activity.

The American Academy of Pediatrics recommended that the guidelines be a blueprint of best practices for implementing 150 minutes of physical education in elementary school and 225 minutes in middle school for those schools who voluntarily want to increase the time for physical education.

A 10-day public comment period began on October 24, 2013, following the Board of Education's acceptance of the proposed Physical Education Program Guidelines for Public Elementary and Middle Schools for first review. In addition to the two speakers who offered comment during the public comment period at the October 24, 2013 Board of Education meeting, written comments were received from 32 individuals affiliated with eight Virginia public school divisions; two special interest organizations; and one public university.

Seventeen individuals affiliated with two school divisions asked that the draft guidelines be modified to (1) clarify that physical education is required; (2) require highly qualified physical education teachers; (3) include health education and instruction; and (4) specify a minimum amount of time allotted to physical education (150 minutes per week was suggested most frequently). One individual affiliated with a school division asked that the guidelines be amended to require highly qualified physical education teachers and to specify a minimum amount of time allotted to physical education – 150

minutes per week for elementary school students and 225 minutes per week for middle school students. The Virginia Association of Health, Physical Education, Recreation and Dance (VAHPERD) in addition to two individuals affiliated with different school divisions requested that the guidelines specify a minimum amount of time allotted to physical education.

One individual affiliated with a school division asked that the draft guidelines be amended to be more specific; to address instruction and assessment; to encourage school divisions to provide instruction beyond that which is required by the *Physical Education Standards of Learning for Virginia Public Schools*; and to clarify how an individualized program of fitness will be developed.

A representative of the American Cancer Society Cancer Action Network requested that content from an earlier version of the draft guidelines be reinstated – most notably, a specific number of minutes allotted to physical education (i.e., 150 minutes per week for elementary school students and 225 minutes per week for middle and high school students); increased opportunities for daily physical activity outside of physical education; and community support for programs designed to increase physical activity.

Finally, nine individuals affiliated with seven school divisions and one university expressed their appreciation to the Academy of Pediatrics, the American Heart Association, Dr. Oktay Baysal and others for their support of physical education programs in Virginia.

Copies of the comments are attached.

In response, the following language from the Standards of Quality, § 22.1-253.13:1 (D) of the *Code of Virginia*, is proposed to be added: Local school divisions shall implement a program of physical fitness available to all students with a goal of at least 150 minutes per week on average during the regular school year. Such program may include any combination of (i) physical education classes, (ii) extracurricular athletics, or (iii) other programs and physical activities deemed appropriate by the local school board. Each local school board shall incorporate into its local wellness policy a goal for the implementation of such program during the regular school year.

Impact on Fiscal and Human Resources:

The impact on fiscal and human resources is expected to be minimal.

Timetable for Further Review/Action:

Upon final approval of the Board, the guidelines will be disseminated by a Superintendent's Memo to local school divisions and posted on the Virginia Department of Education's Web site.

Superintendent's Recommendation:

The Superintendent of Public Instruction recommends that the Board of Education approve the proposed *Physical Education Program Guidelines for Public Elementary and Middle Schools*.

**Virginia Board of Education
Physical Education Program Guidelines
For Public Elementary and Middle Schools**

I. Introduction

The 2012 General Assembly approved HB 1092 requiring the Virginia Board of Education to develop physical education program guidelines for public elementary and middle schools in collaboration with the American Heart Association; the American Cancer Society; the American Academy of Pediatrics, Virginia Chapter; the Virginia Association of School Superintendents; the Virginia School Boards Association; and other interested stakeholders.

These guidelines pertain to physical education, which should not be confused with physical activity. Physical education is a planned, sequential, quality instructional program that helps students learn the skills necessary for performing a variety of physical activities and understand the benefits of achieving and maintaining a physically active lifestyle. By contrast, physical activity is any bodily movement that is produced by the contraction of skeletal muscles that increases energy expenditure.

II. Guidelines

Physical education programs should:

1. Provide students with an opportunity to learn health-enhancing concepts and skills.

Indicators:

- ***In accordance with the Standards of Quality, § 22.1-253.13:1 (D) of the Code of Virginia: Local school divisions shall implement a program of physical fitness available to all students with a goal of at least 150 minutes per week on average during the regular school year. Such program may include any combination of (i) physical education classes, (ii) extracurricular athletics, or (iii) other programs and physical activities deemed appropriate by the local school board. Each local school board shall incorporate into its local wellness policy a goal for the implementation of such program during the regular school year.***
- Schools offer instructional periods of physical education in elementary and middle schools consistent with the provisions of the *Regulations Establishing Standards for Accrediting Public Schools in Virginia* (8 VAC 20-131 et seq.);
- Qualified health and physical education teachers provide instruction for all students, including students with disabilities; and
- Schools provide adequate equipment, technology, and facilities that provide healthy, safe, active, and equitable learning experiences.

Guidance:

All elementary and middle school students in Virginia have the opportunity to benefit from physical education. Students with special needs receive physical education instruction in the least restrictive environment, and physical education is available equally to children with disabilities and children without disabilities.

Students are taught by qualified health and physical education teachers who deliver instruction that supports learning for all students. Schools provide adequate facilities and equipment, adequate time for instruction, and class size that supports high-quality instruction and ensures student safety.

2. Ensure meaningful content and skills are included in the physical education curriculum.

Indicators:

- School division curricula are based on the *Physical Education Standards of Learning for Virginia Public Schools*, which identifies the concepts, processes and skills for physical education in kindergarten through grade twelve.
- Physical education standards are grouped into five strands:
 - a. Skilled Movement;
 - b. Movement Principles and Concepts;
 - c. Personal Fitness;
 - d. Responsible Behaviors; and
 - e. Physically Active Lifestyle.
- School divisions adopt an instructional sequence and program that best serves their own students.

Guidance:

The *Physical Education Standards of Learning for Virginia Public Schools* establish minimum expectations for what students should know and be able to do at the end of each grade or course in physical education and are intended to support the following goals for students:

- Demonstrate competence in motor skills and movement patterns needed to perform a variety of physical activities. (Skilled Movement)
- Apply movement principles and concepts to learning and developing motor skills and specialized movement forms. (Movement Principles and Concepts)
- Achieve and maintain a health-enhancing level of personal fitness. (Personal Fitness)
- Demonstrate responsible personal and social behaviors in physical activity settings. (Responsible Behaviors)
- Demonstrate a physically active lifestyle, including activity within and outside of the physical education setting. (Physically Active Lifestyle)

Additional information about the *Physical Education Standards of Learning for Virginia Public Schools* and related resources are available at

<http://www.doe.virginia.gov/instruction/physed/index.shtml>.

3. Ensure students are taught by qualified health and physical education teachers.

Indicators:

- Health and physical education teachers meet or exceed the [*Standards of Professional Practice for Teachers of Health and Physical Education*](#).
- Health and physical education teachers are supported through regular, high-quality professional development opportunities.

Guidance:

Effective classroom management techniques and engaging instruction are used to maximize student learning time. Instructional planning begins with a curriculum scope and sequence that is aligned to the Standards of Learning; connects instruction with prior learning; makes topics

relevant to students' lives and experiences; and ensures mastery of knowledge, concepts, and skills.

Delivery of instruction in physical education includes strategies, resources, materials, and tools for the sequencing of learning experiences that are designed to engage all students in active learning.

4. Encourage students to be physically active and become physically fit for life.

Indicators:

- Curricula provide students, teachers, and parents with the necessary information to design an individualized program of fitness.
- Daily physical activity outside of physical education is encouraged.

Guidance:

A well-designed physical education curriculum integrates fitness education and provides students, teachers, and parents with the necessary information to design an individualized program of fitness for each student. Students who participate in physical education programs that promote personal fitness and encourage daily physical activity will be more likely to become physically fit and responsible in their physical activity choices and behaviors for a lifetime.

III. Virginia Laws and Regulations Related to Physical Education

Code of Virginia

Virginia Standards of Quality

<http://www.doe.virginia.gov/boe/quality/index.shtml>

[§ 22.1-200](#). Subjects taught in elementary grades.

[§ 22.1-207](#). Physical and health education.

[§ 22.1-253.13:1](#). Standard 1. Instructional programs supporting the Standards of Learning and other educational objectives.

Regulations

Regulations Establishing Standards for Accrediting Public Schools in Virginia

[8 VAC 20-131-80](#). Instructional program in elementary schools.

[8 VAC 20-131-90](#). Instructional program in middle schools.

[8 VAC 20-131-240](#). Administrative and support staff; staffing requirements.

IV. References and Resources

Governor's Healthy Virginians Web site:

<http://www.healthyvirginians.virginia.gov/index.cfm>

Joint Committee of the Board of Education and Board of Health Final Report, September 2004: http://www.doe.virginia.gov/VDOE/VA_Board/BOE-BOH-Report.pdf

Scorecard for the Governor's Nutrition and Physical Activity and Program:

<http://www.virginia.gov/doe/login.html>

Superintendent's Memo No. 7, May 20, 2005, Local Wellness Policy Requirement:

http://www.doe.virginia.gov/administrators/superintendents_memos/2005/reg007.html

Virginia Department of Education Health Education, Physical Education, and Driver Education Web site: <http://www.doe.virginia.gov/VDOE/Instruction/PE/>