

Physical Education

Legal Requirement	Recommended Evidence-based Implementation Strategy and Resources	Suggested Policy Language
<p><u>EQS Rule 2120.5</u> Curriculum: Each school shall enable students to engage annually in rigorous, relevant and comprehensive learning opportunities that allows them to demonstrate proficiency in e) Physical education.</p>	<ul style="list-style-type: none"> • Skill- and fitness-enhancing instruction and assessment for lifetime physical literacy based on Vermont and national standards. • Physical education curriculum is coordinated with other curricular areas. • Adequate supply of safe physical education equipment and accessible facilities are provided to enable each student to be engaged and practice skills. • Interruptions to scheduled physical education classes are minimized (SHAPE America, <u>Opportunity to Learn Guidelines for Physical Education</u>). 	<p>Physical education curriculum shall be proficiency-based for development and assessment of knowledge and skills for student physical literacy.</p> <p>The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the <u>Presidential Youth Fitness Program</u> or other appropriate assessment tool) and will use criterion-based reporting for each student.</p>
<p><u>Act 77 §941</u> Curriculum: Physical education curriculum shall include flexible pathways and personalized learning plans</p>	<p>Flexible, high quality academic and experiential learning pathways in physical education shall be equally available to all students (see <u>Physical Education Alternative Credit</u> guidance document)</p>	<p>Flexible, alternative pathways for proficiency-based learning in physical education shall be made equally accessible for all students.</p>
<p><u>EQS Rule 2120.5</u> Curriculum: Each school shall provide students in grades K-8 with at least two physical education classes per week. Each school shall provide students in grades 9-12 with one and one half years of physical education or the equivalent thereof</p>	<ul style="list-style-type: none"> • 150 minutes per week for elementary. 225 minutes per week for middle and high school (SHAPE America, <u>Opportunity to Learn Guidelines for Physical Education</u>). 	<p>Students in grades K-5 shall participate in a minimum of 150 minutes of physical education per week.</p> <p>Students in grades 6-12 shall participate in a minimum of 225 minutes of PE per week.</p>

<p><u>16 VSA §2902.</u> Adapted Physical Education: Physical education shall be considered in design of an educational support that enables each student to access the general curriculum.</p>	<p>See also <u>Adapted Physical Education Frequently Asked Questions</u>.</p>	<p>Adapted physical education shall be designed, delivered and assessed by a licensed physical education teacher in consultation with other colleagues (e.g. special educator, occupational therapist), student and parents.</p>
<p><u>16 V.S.A. §1692</u> Teacher Licensure: Physical education is taught and assessed by a licensed physical educator.</p>	<p>Vermont endorsement criteria for license in physical education, click here.</p>	<p>Physical education will be taught, assessed and credit awarded by a properly licensed educator.</p>
<p><u>EQS rule 2121.3</u> Teacher Professional Development: Each supervisory union shall develop and implement a system of appropriate needs based professional learning for all professional staff</p>	<p>For physical education professional development, please contact the Vermont Agency of Education’s Physical Education Coordinator, click here.</p>	<p>Physical education teacher professional development shall be based on identified needs and aligned with other school or SU/district-wide continuous improvement priorities.</p>
<p><u>EQS rule 2121.4</u> Staff and Program Evaluation: Staff [and program] evaluation programs & policies shall be designed and implemented with the goal of improved student outcomes</p>	<ul style="list-style-type: none"> • Physical Education Teacher Evaluation Tool (SHAPE America, physical education guidelines). • Physical Education Curriculum Analysis Tool (Centers for Disease Control and Prevention, PECAT). 	<p>Physical education shall benefit from thoughtful, periodic, content-specific program and professional performance review that drives continuous improvement.</p>

<h2 style="text-align: center;">Physical Activity</h2>		
<p style="text-align: center;">Legal Requirement</p>	<p style="text-align: center;">Recommended Evidence-based</p>	<p style="text-align: center;">Suggested Policy Language</p>

	Implementation Strategy* and Resources	
<p><u>EQS Rule 2120.5</u> Each school shall offer options for students in grades K-12 to participate in at least 30 minutes of physical activity within or outside of the school day. Physical activity may include recess and movement built into the curriculum, but does not replace physical education classes</p>	<p>See the guidance following document for implementation strategies and related policy ideas, Vermont Agency of Education: <u>Physical Activity Guidelines for Vermont Schools: Active Students are Better Learners</u></p> <p>A substantial percentage of students' physical activity can be provided through a <u>comprehensive school physical activity program (CSPAP)</u>. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities</p> <p><u>Incorporating Safe Routes to School into Local School Wellness Policies</u>: A model policy to encourage active transportation and <u>Vermont Safe Routes to School</u></p> <p>Consider joint- or shared-use agreements with community resources, see <u>ChangeLab Solutions</u></p>	<p>All students in grades K-12 will be engaged in at least 30 minutes of physical activity during each school day. Physical activity shall not replace physical education.</p> <p>All elementary schools will offer at least 20 minutes of recess on all days during the school year</p> <p>The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects</p> <p>Physical activity during the school day will not be withheld as punishment for any reason</p> <p>The district recognizes that school gardens and farm visits can offer physical activity opportunities, as well as agricultural education, by engaging students in activities such as planting, harvest, and weeding</p>