

Component 1: Physical Education

Audio Descriptive Text

Title: Chapter 3. Comprehensive School Physical Activity Programs; Component 1: Physical Education. Graphic of multi-component approach showing 60 minutes encompassing Staff Involvement, Physical Activity During School, Physical Education, Physical Activity Before and After School, and Family and Community Engagement, with emphasis on Physical Activity. Image of Physical Education icon. Active Child icon.

Video Summary

- The Policy and Environment component ensures students take daily physical education in grades K-12.
- The Curriculum component ensures a written physical education curriculum for grades K-12.
- The Appropriate Instruction component ensures physical education teachers use instructional practices that support the physical education curriculum.
- The Student Assessment component ensures assessment is aligned with national and/or state physical education standards and established grade-level outcomes.

Audio Script

Physical education is an academic subject and serves as the foundation of a Comprehensive School Physical Activity Program.

As defined by SHAPE America, the essential components of a physical education include:

- Policy and Environment
- Curriculum
- Appropriate Instruction
- Student Assessment

The **Policy and Environment** component of physical education refers to aspects such as:

- Every student is required to take daily physical education in grades K-12, with instruction periods totaling 150 minutes per week in elementary and 225 minutes per week in middle and high school.
- Schools and districts do not allow exemptions from physical education class time and prohibit students from substituting other activities for class.
- Physical education class size is consistent with that of other subject areas and aligns with a teacher/student ratio policy.
- Physical activity is not assigned or withheld as punishment.
- Physical education is taught by a qualified and licensed physical education teacher.

Curriculum refers to aspects such as:

- Schools and districts should have a written physical education curriculum for grades K-12 that is sequential and comprehensive.
- The physical education curriculum is based on national and/or state standards and grade-level outcomes for physical education.
- The physical education curriculum mirrors other schools and district curricula in its design and schedule for periodic review.

Appropriate instruction means the physical education teacher:

- Uses instructional practices and deliberate practice tasks that support the goals and objectives defined in the physical education curriculum.
- Evaluates student learning continually to document teacher effectiveness.
- Employs instruction practices that engage students in moderate to vigorous physical activity for at least 50 percent of class time.
- Ensures the inclusion of all students and makes the necessary adaptations for students with special needs or disabilities.

The **Student Assessment** component refers to aspects such as:

- Student assessment is aligned with national and/or state physical education standards and established grade-level outcomes and is included in the written physical education curriculum.
- Student assessment includes evidence-based practices that measure student achievement in all areas of instruction, including physical fitness.
- Grading is related directly to the student learning objectives identified in the written physical education curriculum.

The physical education teacher follows school and district protocols for reporting and communicating student progress to students and parents.