



## What's in a Wellness Policy? **Physical Education!**

### Resources

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| <p>Health and Physical Education - San Diego County Office of Education</p>  | <p><a href="https://fit2learn.sdcoe.net/">https://fit2learn.sdcoe.net/</a><br/>Fit 2 Learn, Fit 4 Life: free online resources to assist teachers in providing standards based, Common Core aligned Physical Education that engages students in moderate to vigorous physical activity at least 50% of the time.</p> <p><a href="#">HPE-best-practices-brochure.pdf (finalsite.net)</a> Best Practices in Physical Education: checklist for administrators and leaders.</p> <p>Contact Paige Metz <a href="mailto:pmetz@sdcoe.net">pmetz@sdcoe.net</a></p> |
| <p>SHAPE America</p>   | <p><a href="https://www.shapeamerica.org/">https://www.shapeamerica.org/</a><br/>Society of Health and Physical Educators is the nation's largest membership organization of health and physical education professionals providing programs and resources as well as state and national advocacy.</p>   |
| <p>Physical Education Model Content Standards for California Schools</p>   | <p><a href="https://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf">https://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf</a><br/>The standards focus on the content of physical education and incorporate the detail required to guide the development of consistent, high-quality physical education instructional programs aimed at student learning and achievement. The standards provide a comprehensive vision of what students need to know and be able to do at each grade level.</p>   |
| <p>Evaluating Physical Education Programs</p>  | <p><a href="https://www.supportrealteachers.org/what-does-quality-physical-education-look-like.html">https://www.supportrealteachers.org/what-does-quality-physical-education-look-like.html</a><br/>Resources to help parents and administrators determine if a Physical Education program meets nationally recognized standards for high quality.</p>   |
| <p>Policy Brief: Reengaging Students Through Physical Activity<br/>National Association of State Boards of Education (NASBE)</p> | <p><a href="https://nasbe.nyc3.digitaloceanspaces.com/2021/10/Blanco-Cornett_Physical-Activity-Final.pdf">https://nasbe.nyc3.digitaloceanspaces.com/2021/10/Blanco-Cornett_Physical-Activity-Final.pdf</a><br/>Support for strong policies that emphasize quality, standards-based Physical Education. Released in 2021.</p>  |

\* FRPM: Free and Reduced Price Meals

\*\* PSE: Policy, systems, and environmental (change)

### More resources:

*Live Well Schools* Tools for Schools:

[Tools For Schools | Live Well San Diego \(livewellsd.org\)](https://www.livewellsd.org/)

## ***How Does Your District's Wellness Policy Compare to Model Wellness Policies?***

**Model Policy:** *Live Well Schools*

### **Physical Education**

The district will provide all students Pre-K through 12 with physical education, using an age-appropriate, sequential physical education curriculum consistent with the expectations established in the state's curriculum framework and content standards.

The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

### **Class and Teacher Requirements**

All students will be provided equal opportunity to participate in physical education classes taught by a certified or licensed physical education teacher in classes with the same student-teacher ratios as academic classes. Swim instructors should be Water Safety Instructor (WSI) certified. The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.

### **Instruction Requirements**

All district elementary students in each grade will receive physical education for at least 200 minutes every 10 days throughout the school year. All district secondary students will receive at least 400 minutes of physical education every 10 days throughout the school year.

Physical Education classes will have a goal that students will be moderately to vigorously active for at least 50% of class time during most or all class sessions.

The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Temporary exemptions from physical education are limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. The district will not allow students to substitute other activities (sports, marching band, etc.) for physical education.

### **Fitness Data Collection**

The district will administer a physical fitness test to all students to meet state or federal requirements. Students will receive their individual fitness test results upon completing the test and a letter with fitness results will be sent home to parents. Results of fitness tests, if administered, will be reported to school board and district staff annually.