## Module 3: Physical Education and Other Physical Activity Programs

### Score Card

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**Instructions**

1. Carefully read and discuss the Module 3 Discussion Questions (pages 6-18), which contains questions and scoring descriptions for each item listed on this Score Card.
2. Circle the most appropriate score for each item.
3. After all questions have been scored, calculate the overall Module Score and complete the Module 3 Planning Questions located at the end of this module (pages 20-21).

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Fully in Place</th>
<th>Partially in Place</th>
<th>Under Development</th>
<th>Not in Place</th>
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</thead>
<tbody>
<tr>
<td>PA.1</td>
<td>225 minutes of physical education per week</td>
<td>3</td>
<td>2</td>
<td>1</td>
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<td>PA.2</td>
<td>Years of physical education</td>
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<td>2</td>
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<td>PA.3</td>
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<td>2</td>
<td>1</td>
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<td>PA.6</td>
<td>Information and materials for physical education teachers</td>
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<td>PA.7</td>
<td>Physical education grading</td>
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<td>PA.8</td>
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<td>PA.9</td>
<td>Students active at least 50% of class time</td>
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<td>PA.12</td>
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<td>PA.14/</td>
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<td>3</td>
<td>2</td>
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<td>A.1</td>
<td>Physical education safety practices</td>
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<td>S.2</td>
<td>Athletics safety requirements</td>
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<td>2</td>
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</table>

**COLUMN TOTALS:** For each column, add up the numbers that are circled and enter the sum in this row.

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*MODULE 3 – Page 3*
(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (72) by subtracting 3 for each question eliminated).

TOTAL POINTS: Add the four sums above and enter the total to the right.

\[
\text{MODULE SCORE} = \frac{\text{Total Points}}{72} \times 100
\]
Module 3: Physical Education and Other Physical Activity Programs

Discussion Questions

PA.1 225 minutes of physical education per week

Do all students in each grade receive physical education for at least 225 minutes per week throughout the school year?

NOTE: Physical education classes should be spread over at least three days per week, with daily physical education preferable.

3 = Yes.
2 = 135-224 minutes per week for all students in each grade throughout the school year.
1 = 90-134 minutes per week for all students in each grade throughout the school year.
0 = Fewer than 90 minutes per week or not all students receive physical education throughout the school year.

PA.2 Years of physical education

How many total years of physical education are students at this school required to take?

3 = The equivalent of all academic years of physical education.
2 = The equivalent of more than one academic year but less than all academic years of physical education.
1 = The equivalent of one academic year of physical education.
0 = The equivalent of less than one academic year of physical education or students are not required to take physical education at this school.

PA.3 Time requirement for length of physical education class

Does your school have a time requirement for the length of physical education classes?

3 = Yes. Physical education classes are scheduled for the equivalent of 225 minutes or more per week.
2 = Yes. Physical education classes are scheduled for the equivalent of 91 – 224 minutes per week.
1 = Yes. Physical education classes are scheduled for the equivalent of 90 minutes per week.
0 = No. Our school does not have a time requirement for minutes per week for physical education or we require less than 90 minutes per week.
PA.4 Adequate teacher/student ratio

Do physical education classes have a student/teacher ratio comparable to that of other classes?

NOTE: Aides and volunteers should not be counted as teachers in the student/teacher ratio.

3 = Yes.
2 = The ratio is somewhat larger (up to one and a half times larger) than the ratio for most other classes.
1 = The ratio is considerably larger (more than one and a half times larger), but there are plans to reduce it.
0 = The ratio is considerably larger (more than one and a half times larger), and there are no plans to reduce it.
PA.5  Sequential physical education curriculum consistent with standards

Do all teachers of physical education use an age-appropriate, sequential physical education curriculum that is consistent with national or state standards for physical education (see national standards below)?

NOTE: Consider using CDC’s Physical Education Curriculum Analysis Tool (PECAT), which is designed to help school districts and schools conduct a clear, complete, and consistent analysis of written physical education curriculum. PECAT results can help districts and schools enhance, develop, or select appropriate and effective physical education curricula for delivering high-quality physical education in schools. The PECAT assesses how consistent curricula are with national standards and can assist users in determining if the curriculum being analyzed is sequential.

3 = Yes.
2 = Some use a sequential physical education curriculum, and it is consistent with state or national standards.
1 = Some use a sequential physical education curriculum, but it is not consistent with state or national standards.
0 = None do, or the curriculum is not sequential, or there is no physical education curriculum.

### National Standards for Physical Education
(For Question PA.5)

A physically literate individual:
1. Demonstrates competency in a variety of motor skills and movement patterns.
2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.
3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. Exhibits responsible personal and social behavior that respects self and others.
5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

National Standards & Grade-Level Outcomes for K-12 Physical Education (SHAPE America & Human Kinetics, 2014).
PA.6 Information and materials for physical education teachers

Are all teachers of **physical education** provided with the following information and materials to assist in delivering quality physical education?

- ✔ Goals, objectives, and expected outcomes for physical education
- ✔ A written physical education curriculum
- ✔ A chart scope and sequence for instruction
- ✔ A plan for assessing student performance
- ✔ Physical activity monitoring devices, such as pedometers, heart rate monitors
- ✔ Internet resources, such as SHAPE America online tools and resources or PE Central
- ✔ The Presidential Youth Fitness Program
- ✔ Protocols to assess or evaluate student performance in physical education
- ✔ Learning activities that increase the amount of class time students are engaged in moderate-to-vigorous physical activity
- ✔ Learning activities that actively engage students with long-term physical medical, or cognitive disabilities in physical education

3 = Yes, all teachers of physical education are provided with at least eight kinds of materials.
2 = Teachers of physical education are provided with four to seven kinds of these materials.
1 = Teachers of physical education are provided with one to three kinds of these materials.
0 = Teachers of physical education are not provided with these kinds of materials.

PA.7 Physical education grading

Do students earn grades for required **physical education** courses? Do the grades carry the same weight as grades for other subjects toward academic recognition (e.g., honor roll, class rank)?

3 = Yes, students earn grades and the grades carry the same weight as grades for other subjects.
2 = Students earn grades, **but** the grades count less than grades for other subjects.
1 = No, **but** there are plans to change this procedure.
0 = No, and there are no plans to change this procedure, or there are no required physical education courses.

PA.8 Prohibit exemptions or waivers for physical education

Does the school **prohibit exemptions or waivers** for **physical education**?

3 = Yes.
2 = Yes, **but** occasional exceptions or waivers are made.
1 = No, **but** there are plans to start prohibiting exemptions or waivers.
0 = No, or there is no physical education.

PA.9 Students active at least 50% of class time
Do teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions?

3 = Yes, during most or all classes.
2 = During about half the classes.
1 = During fewer than half the classes.
0 = During none of the classes, or there are no physical education classes.

PA.10 Individualized physical activity and fitness plans

Do students design and implement their own individualized physical activity and fitness plans as part of the physical education program? Do teachers of physical education provide ongoing feedback to students on progress in implementing their plans?

3 = Yes.
2 = Students design and implement their own individualized plans, but teachers provide only occasional feedback.
1 = Students design and implement their own individualized plans, but teachers provide no feedback.
0 = Students do not design and implement their own individualized plans, or there is no physical education program.

PA.11 Health-related physical fitness

Does the physical education program integrate the components of the Presidential Youth Fitness Program?

✓ Fitness assessment using Fitnessgram®
✓ Professional development for physical education teachers on proper use and integration of fitness education, fitness assessment, and recognition.
✓ Recognition of students meeting Healthy Fitness Zones or their physical activity goals.

3 = Yes, all 3 components of the PYFP are integrated.
2 = 2 of the PYFP components are integrated.
1 = 1 of the PYFP components is integrated.
0 = None of the PYFP components are integrated.
PA.12 Promote community physical activities

Does the physical education program use three or more methods to promote student participation in a variety of community physical activity options?

3 = Yes, through three or more methods.
2 = The program promotes participation in a variety of community physical activity options, but through only one or two methods.
1 = The program promotes participation in only one type of community physical activity option.
0 = The program does not promote participation in community physical activity options, or there is no physical education program.

PA.13 Licensed physical education teachers

Are all physical education classes taught by licensed teachers who are certified or endorsed to teach physical education?

3 = Yes, all are.
2 = Most classes are.
1 = Some classes are.
0 = No classes are, or there are no physical education classes.
PA.14/A.1 Address special health care needs

Does the physical education program consistently use all or most of the following practices as appropriate to include students with special health care needs?
✓ Encouraging active participation; modifying type, intensity, and length of activity if indicated in Individualized Education Plans, asthma action plans, or 504 plans
✓ Offering adapted physical education classes
✓ Using modified equipment and facilities
✓ Ensuring that students with chronic health conditions are fully participating in physical activity as appropriate and when able
✓ Monitoring signs and symptoms of chronic health conditions
✓ Encouraging students to carry and self-administer their medications (including pre-medicating and/or responding to asthma symptoms) in the gym and on playing fields; assisting students who do not self-carry
✓ Encouraging students to actively engage in self-monitoring (i.e., using a peak flow meter, recognizing triggers) in the gym and on playing fields (if the parent/guardian, health care provider, and school nurse so advise)
✓ Using a second teacher, aide, physical therapist, or occupational therapist to assist students, as needed
✓ Using peer teaching (e.g., teaming students without special health care needs with students who have such needs)

3 = Yes, the physical education program uses all or most of these instructional practices consistently.
2 = The physical education program uses some of these instructional practices consistently.
1 = The physical education program uses some of these instructional practices, but not consistently (that is, not by all teachers or not in all classes that include students with special health care needs).
0 = The program uses none of these practices, or there is no physical education program.
PA. 15/S.1/A.2  Physical education safety practices

Does the **physical education** program implement and enforce all of the following safety practices?

- ✓ Practice **active supervision**
- ✓ Encourage pro-social behaviors
- ✓ Use protective clothing and safety gear that is appropriate to child’s size and in good shape
- ✓ Use safe, age-appropriate equipment
- ✓ Minimize exposure to sun (including through use of sunscreen), smog, and extreme temperatures
- ✓ Use infection control practices for handling blood and other body fluids
- ✓ Monitor the environment to reduce exposure to potential allergens or irritants (e.g., pollen, bees, strong odors)

3 = Yes, **all** these safety practices are followed.
2 = All these safety practices are followed, **but** at times our school has temporary lapses in implementing or enforcing one of them.
1 = One of these safety practices is not followed, or at times our school has temporary lapses in implementing or enforcing more than one of them.
0 = More than one of these safety practices is not followed, or there is no physical education program.

PA.16  Professional development for teachers

Are teachers of **physical education** required to participate at least once a year in **professional development** in physical education?

3 = Yes, **all** do.
2 = **Most** do.
1 = **Some** do.
0 = **None** do, or no one teaches physical education.

PA.17  Participation in intramural programs or physical activity clubs

Do both boys and girls participate in school-sponsored **intramural programs or physical activity clubs**?

3 = Yes, **many** boys and girls participate in school-sponsored intramural programs or physical activity clubs.
2 = For the most part, **many** students of **only one sex** participate in school-sponsored intramural programs or physical activity clubs.
1 = **Very few** students of either sex participate in school-sponsored intramural programs or physical activity clubs.
0 = There are **no** school-sponsored intramural programs or physical activity clubs.
PA.18 Availability of interscholastic sports

Does your school offer at least eight different interscholastic sports to both boys and girls?

3 = Yes, our school offers at least eight different interscholastic sports to both boys and girls.  
2 = Our school offers five to seven different interscholastic sports to both boys and girls.  
1 = Our school offers one to four different interscholastic sports to both boys and girls, or offers five or more sports but only to one sex.  
0 = Our school does not offer interscholastic sports.

PA.19 Promotion or support of walking and bicycling to school

Does your school promote or support walking and bicycling to school in the following ways?

- Designation of safe or preferred routes to school  
- Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week  
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)  
- Instruction on walking/bicycling safety provided to students  
- Promotion of safe routes program to students, staff and parents via newsletters, websites, local newspaper  
- Crossing guards  
- Crosswalks on streets leading to schools  
- Walking school buses  
- Documentation of number of children walking and or biking to and from school  
- Creation and distribution of maps of school environment (sidewalks, crosswalks, roads, pathways, bike racks, etc.)

3 = Yes, our school promotes or supports walking and bicycling to school in six or more of these ways.  
2 = Our school promotes or supports walking and bicycling to school in three to five of these ways.  
1 = Our school promotes or supports walking and bicycling to school in one to two of these ways.  
0 = Our school does not promote or support walking and bicycling to school.
PA.20  Availability of before- and after-school physical activity opportunities

Does your school offer opportunities for students to participate in physical activity before and after the school day for example, through organized physical activities or access to facilities or equipment for physical activity?

3 = Yes, both before and after the school day.
2 = We offer before school or after school, but not both.
1 = We do not offer opportunities for students to participate in physical activity before or after the school day, but there are plans to initiate it.
0 = No, we do not offer opportunities for students to participate in physical activity before or after the school day, and there are no plans to initiate it.

PA.21  Availability of physical activity breaks in classrooms

Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?

3 = Yes, on all days during a typical school week.
2 = On most days during a typical school week.
1 = On some days during a typical school week.
0 = No, we do not provide students with opportunities to participate in physical activity breaks in classrooms.
Module 3: Physical Education and Other Physical Activity Programs

Planning Questions

(photocopy before using)

The Module 3 Planning Questions will help your school use its School Health Index results to identify and prioritize changes that will improve policies and programs to improve students’ health and safety.

Planning Question 1

Look back at the scores you assigned to each question. According to these scores, what are the strengths and the weaknesses of your school’s physical education and other physical activity policies and programs?

Planning Question 2

For each of the weaknesses identified above, list several recommended actions to improve the school’s scores (e.g., provide 225 minutes of physical education per week).