

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

### *Score Card* (photocopy before using)

**Instructions**

- 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.
- Circle the most appropriate score for each item.
- 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).

		<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Under Develop- ment</b>	<b>Not in Place</b>
PA.1	225 minutes of physical education per week	3	2	1	0
PA.2	Years of physical education	3	2	1	0
PA.3	Time requirement for length of physical education class	3	2	1	0
PA.4	Adequate teacher/student ratio	3	2	1	0
PA.5	Sequential physical education curriculum consistent with standards	3	2	1	0
PA.6	Information and materials for physical education teachers	3	2	1	0
PA.7	Physical education grading	3	2	1	0
PA.8	Prohibit exemptions or waivers for physical education	3	2	1	0
PA.9	Students active at least 50% of class time	3	2	1	0
PA.10	Individualized physical activity and fitness plans	3	2	1	0
PA.11	Health-related physical fitness	3	2	1	0
PA.12	Promote community physical activities	3	2	1	0
PA.13	Licensed physical education teachers	3	2	1	0
PA.14/ A.1	Address special health care needs	3	2	1	0
PA.15/ S.1/A.2	Physical education safety practices	3	2	1	0
PA.16	Professional development for teachers	3	2	1	0
PA.17	Participation in intramural programs or physical activity clubs	3	2	1	0
PA.18	Availability of interscholastic sports	3	2	1	0
PA.19	Promotion or support of walking and bicycling to school	3	2	1	0
PA.20	Availability of before- and after-school physical activity opportunities	3	2	1	0
PA.21	Availability of physical activity breaks in classrooms	3	2	1	0
PA.22	Training requirements for sports coaches	3	2	1	0
PA.23/ S.2	Physical activity facilities meet safety standards	3	2	1	0
PA.24/ S.3	Athletics safety requirements	3	2	1	0

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

--	--	--	--	--

**SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL**

(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.

**MODULE SCORE =**  
(Total Points / 72) X 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**

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

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** participates 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.

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

**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).