Local Wellness Policy Self-Assessment: Physical Education and Activity

(DRAFT)

Directions: The local wellness policy (LWP) team should complete this self-assessment with support from other school and district stakeholders (e.g., principals, health educators, etc.). The LWP team should identify who in the school system may best answer the different implementation questions (found in Column C), and gather data from these people through surveys, interviews, etc.

The LWP team by policy area (row) will be asked to assess (in Column B) how Supervisory Union/District (SU/SD) LWP policy language is the same or similar to the model policy language found in Column A, which comes directly from [Vermont Agency of Education Model Local Wellness Policy](https://education.vermont.gov/document/model-local-wellness-policy). The LWP team should then assess (in Column C) if each practice affiliated with that policy goal area is implemented across all SU/SD schools (YES), not implemented (NO), or not fully implemented (IN PROCESS). A LWP team may choose to go through this self-assessment by section, row, or column (e.g., assess all SU/SD policies first).

It is also assumed that many SU/SDs will have strong policies, intentional alignment between policies and practices, and may be interested in establishing additional policy and implementation goals that go beyond federal and state requirements. These additional, and not required, best policies/practices are marked in the template as optional where relevant. If a SU/SD has Physical Education and Activity policy goals not related to those found in Column A, that go beyond model policies, these additional policy goals should be captured in added rows at the end of this template. The LWP team will need to also assess if practices associated with these policy goals- identified by the LWP team in the additional row- are implemented in the SU/SD (see [Supports and Resources for Physical Education](https://education.vermont.gov/documents/supports-and-resources-for-physical-education-vermont-local-wellness-policy-guide) and [Supports and Resources for Physical Activity](https://education.vermont.gov/documents/supports-and-resources-for-physical-activity-vermont-local-wellness-policy-guide)).

# Physical Education and Activity

Supervisory Union/District: Date:

Collaborative Stakeholders Represented (List LWP Team Members):

| 1. MODEL POLICY LANGUAGE

([Vermont Agency of Education Model Local Wellness Policy](https://education.vermont.gov/document/model-local-wellness-policy)) | 1. POLICY LANGUAGE OR SIMILAR INCLUDED IN LWP
 | 1. POLICY REQUIREMENTS AND OPTIONAL RESEARCH SUPPORTED BEST PRACTICES
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| --- | --- | --- |
| 17. Offer opportunities 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. | YES:NO: | Students in grades K-12 participate in at least 30 minutes of physical activity within or outside of the school day (not including Physical Education). YES: NO: IN PROCESS:(OPTIONAL) Physical activity opportunities are offered throughout the school day.  YES: NO: IN PROCESS:(OPTIONAL) SU/SD procedures/guidance in place for prohibiting requiring or withholding of physical activity as a means for punishment (e.g., taking away recess).  YES: NO: IN PROCESS: |
| 18. Ensure that physical education is designed to enable all students, including those who may need adapted physical education, to engage annually in rigorous, relevant, and comprehensive learning opportunities that allow them to demonstrate proficiency in physical education. | YES:NO: | Tiered system of academic and behavioral supports within Physical Education at SU/SD schools are implemented (see [16 VSA 2902](https://legislature.vermont.gov/statutes/section/16/099/02902)). YES: NO: IN PROCESS: |
| 19. Ensure that educator licensure, professional development, and staff and program evaluation complies with state laws and regulations. | YES:NO: | Physical Education is taught by professionals properly licensed and endorsed in Physical Education (see [Rules Governing the Licensing of Educators and the Preparation of Educational Professionals](https://education.vermont.gov/documents/vsbpe-rules-governing-the-licensing-of-educators-and-preparation-of-educational-professionals-6-11-2021))  YES: NO: IN PROCESS:The SU/SD has developed and implemented a system of appropriate needs-based professional learning for all professional staff, including Physical Education instructors (see [16 VSA 261a](https://legislature.vermont.gov/statutes/section/16/007/00261a)). YES: NO: IN PROCESS:Staff evaluation programs and policies are designed and implemented with the goal of improved student outcomes (see [Education Quality Standards 2121.4](https://education.vermont.gov/sites/aoe/files/documents/edu-state-board-rules-series-2000.pdf) and [Teacher Leader Effectiveness](https://education.vermont.gov/educator-licensure/teacher-leader-effectiveness)).  YES: NO: IN PROCESS: |
| *Additional Policy Goal in Physical Education and Activity* | *Policy Language:* | *Evidence of Implementation of Policy Goal:*  |