

## MEMORANDUM

TO: Superintendents, Curriculum Leaders, and Educators  
FROM: Zoie Saunders, Secretary of Education  
SUBJECT: State Board Adopts New Health and Physical Education Standards  
DATE: January 10, 2025

### **State Board Adopts New Health and Physical Education Standards**

The Vermont State Board of Education on December 18, 2024, as per their responsibilities outlined in [16 V.S.A. § 164](#), adopted the [2024 SHAPE America National Physical Education Standards](#) and the [2024 National Health Education Standards](#). These standards will replace in full the previously adopted 2007 National Health Standards and 2013 SHAPE America National Standards for K-12 Physical Education starting in the 2025-26 school year.

### **2024 SHAPE America National Physical Education Standards**

The Society for Health and Physical Education (SHAPE) America released new National Physical Education Standards in March 2024. National Physical Education Standards were last updated in 2013. The standards were rewritten to account for the broader changes within the world of Physical Education (e.g., student-centered learning), but also education in the past decade (e.g., supporting the whole child).

The 2024 SHAPE America National Physical Education Standards differ from the 2013 standards in several ways. The most noticeable difference is the transition from five standards in the 2013 edition to four standards in 2024. The transition to four standards was done so that the standards are more clearly aligned with the domains of learning: cognitive, affective, psychomotor, and the recently recognized, social. The standard indicators in the 2024 edition are broken down by Grade Span Indicators (K-2, 3-5, etc.), which is a large departure from the Grade Level Outcomes that were in the 2013 standards. An introductory training on the new standards is available on the [SHAPE national webpage](#).

### **2024 National Health Education Standards**



SHAPE released revised National Health Education Standards in March 2024. The National Health Education Standards were last updated in 2007. While similar in structure, there are new words/concepts in the 2024 standards and changes were made at the indicator level that introduce broader paradigm shifts in the teaching of health. The new standards shift from a focus on healthy behaviors to a focus on overall health and well-being (including mental health). The revised standards are centered on the strengths and resources of a student, their family, school, and community rather than an absence of poor health (e.g., disease and injury) or health risks. The social-emotional learning (SEL) connections to health education standards also are more prominent in the 2024 standards (e.g., in Standard 4). An introductory webinar on the new health standards is available on the [SHAPE national webpage](#).

## Next Steps

SHAPE America is providing professional learning opportunities on the new standards. The Vermont Agency of Education, in partnership with educators from the field, is in the process of developing state model K-12 Proficiency-Based Learning Hierarchies for both Health and Physical Education based on the new standards. These hierarchies establish a vision for student learning within each subject area and establish prioritized and high leverage content standards within Health and Physical Education. The [Physical Education Proficiency Based Graduation Requirement \(PBGR\) Hierarchy](#) (9-12) is completed. The Health PBGR Hierarchy will be released this Spring. The Agency will offer professional learning, both in-person and virtual, in the next year on these hierarchies and the new standards. If you have questions or would like to work with a content specialist at the Agency on implementation of the new standards, please contact [AOE.PBL.Helpdesk@vermont.gov](mailto:AOE.PBL.Helpdesk@vermont.gov).