

# National Health Education Standards (2024): Notable Changes

Health or health behaviors



Health and well-being

*Illustrates a greater focus on mental health along with physical health*

Enhance personal health



Support health and well-being of self and others

*Focus not only on the individual but also those surrounding them*

Influences spelled out in performance indicators



Influences not spelled out

*Rather than include a long list of influences, teachers and students have flexibility to substitute in those that are most meaningful*

## Introducing new concepts:

- Strengths and assets
- Health literacy
- Managing chronic conditions
- Boundaries and consent
- Misinformation and disinformation
- Equity
- Communicating with others with different perspectives and values

# Society for Health and Physical Educators (SHAPE) America National Physical Education Standards (2024): Notable Changes

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- From five to four standards
- From grade level outcomes to grade span indicators
- Student-centered.
- A few other notable changes:
  - More detail and breadth in the concepts and skills found in Standards 2-4.
  - Body composition as a factor of physical health is removed from the new standards.
  - Greater focus on understanding emotions of self and others in physical activity.
  - There is more focus on the process of skill development

# Rollout Timeline if Adopted

Work w/field on planning and building out rollout (e.g., SHAPE VT, etc.)	In Process
Develop state model Proficiency-Based Graduation Requirement Hierarchies for health and physical education	Fall 25- Spring 26
Widespread messaging when standards adopted (e.g., through VTCLA, etc.)	Fall 25
Connect and collaborate w/VT physical and health educator teacher preparation program leaders on how to bring new standards into their curriculum/instruction	In Process
Participatory Action Research	Fall 25- Summer 26
Develop and release guidance documents on implementation of new health/PE standards (w/support from SHAPE America)	In Process
Offer professional learning on implementation of new standards	Fall 25- Summer 26
<b>2024 National Health Education Standards and 2024 SHAPE America National Physical Education Standards in effect</b>	<b>Fall 26</b>