

Health and Physical Education Standards

Vermont Agency of Education

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Overview

1. Background on standards adopted
2. Review of 2024 SHAPE America National Physical Education Standards
3. Review of 2024 National Health Education Standards
4. Recommendations and Rollout

History of Vermont Standards

- 1996: The State Board of Education adopted Vermont's first Framework of Standards and Learning Opportunities.
- 2000: The Vermont standards were formally revised and again adopted by the State Board.
- 2004: Grade Expectations (GEs) for Vermont's Framework of Standards and Learning Opportunities were released.
- 2010: Common Core for Mathematics and English Language Arts adopted.
- 2015: The Society of Health and Physical Educators (SHAPE) America National Standards for K-12 Physical Education (2013) adopted.
- 2015: National Health Education Standards (2007) were adopted.

2024 SHAPE America National Physical Education Standards

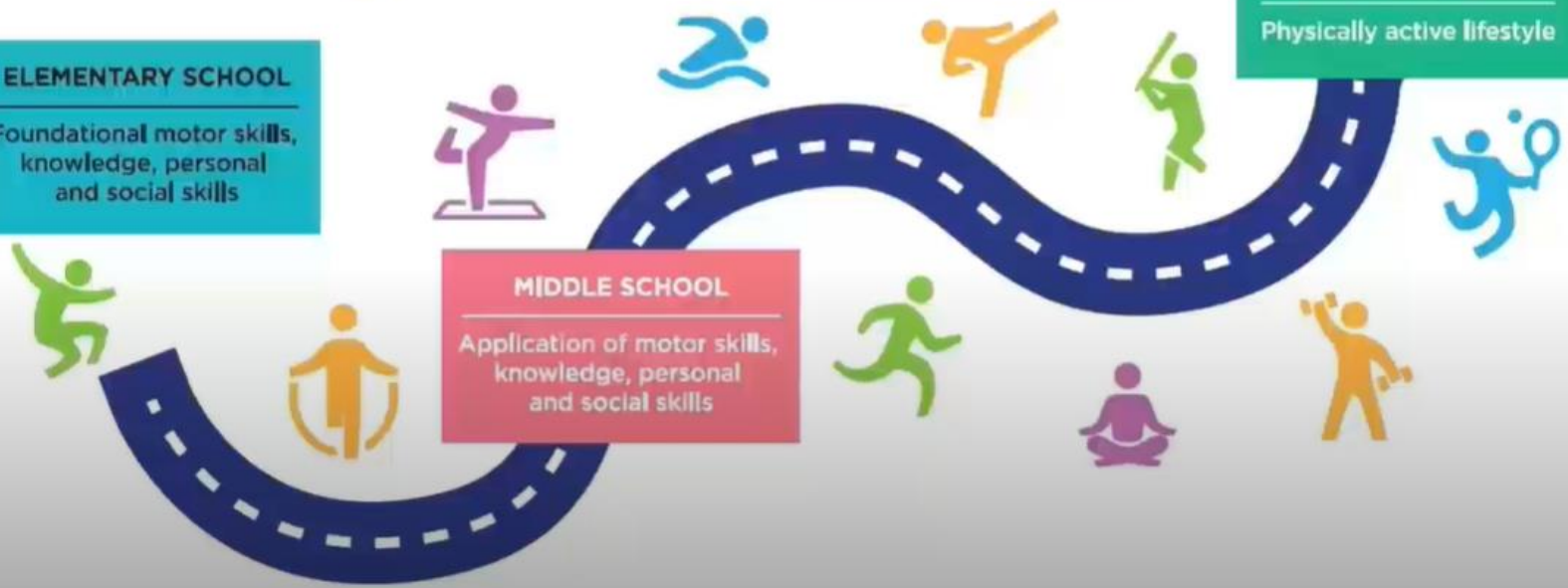
The Physical Literacy Journey

ELEMENTARY SCHOOL
Foundational motor skills,
knowledge, personal
and social skills

MIDDLE SCHOOL
Application of motor skills,
knowledge, personal
and social skills

HIGH SCHOOL
Lifetime activities,
knowledge, personal
and social skills

BEYOND HIGH SCHOOL
Physically active lifestyle



(SHAPE, 2024)

Five to Four Standards

2013 SHAPE America National Standards for K-12 Physical Education	2024 SHAPE America National Physical Education Standards
1. Demonstrates competency in a variety of motor skills and movement patterns.	1. Develops a variety of motor skills.
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.	2. Applies knowledge related to movement and fitness concepts.
4. Exhibits responsible personal and social behavior that respects self and others.	3. Develops social skills through movement.
5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	4. Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.

Grade Level Outcomes to Grade Span Indicators

2013 SHAPE America National Standards for K-12 Physical Education Grade Level Outcomes (K-2)	2024 SHAPE America National Physical Education Standards Grade Span Indicator (K-2)
<p>Kindergarten:</p> <ul style="list-style-type: none"> Performs jumping and landing actions with balance. (S1.E3.K) <p>1st Grade:</p> <ul style="list-style-type: none"> Demonstrates 2 of the 5 critical elements for jumping and landing in a horizontal plane using 2-foot take-offs and landings. (S1.E3.1) Demonstrates 2 of the 5 critical elements for jumping and landing in a vertical plane. (S1.E4.1) <p>2nd Grade:</p> <ul style="list-style-type: none"> Demonstrates 4 of the 5 critical elements for jumping and landing in a horizontal plane using a variety of 1- and 2-foot take-offs and landings. (S1.E3.2) Demonstrates 4 of the 5 critical elements for jumping and landing in a vertical plane. (S1.E4.2) 	<p>1.2.2 Demonstrates jumping and landing in a non-dynamic environment.</p>

Other Changes of Note

- Body composition is removed as a factor of physical health from the new standards.
- Food/nutrition is connected to health as well as enjoyment.
- The culture of physical activities (not just dance) is studied at earlier ages.
- The concepts and skills found in Standards 2-4 are more detailed, showing a greater shift in focus towards affective, social, and cognitive dimensions of PE.

Educator Input

- Challenge to align curriculum that is now based on Grade Span Indicators.
- Not prepared to assess students on social competencies
- The focus on skills and not the contexts/detailed characteristics of skill application would allow more flexibility on HOW to teach the skill.
- Supporting students along their physical literacy journey many high school educators in the state felt aligned to how they already teach PE.
- Fitness-based measurements.

Education Quality Standards (2025) Connections to 2024 SHAPE America National Physical Education (PE) Standards

- Student-centered approach.
- Wellness and social-emotional development.
- Greater emphasis on the cultural contexts of physical activity.

Questions

2024 National Health Education Standards

National Health Education Standards (2024): Notable Changes

(SHAPE, 2024)

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

Example (K-2)

2007 National Health Education Standards	2024 National Health Education Standards
Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.
7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health. 7.2.2 Demonstrate behaviors that avoid or reduce health risks .	7.2.1 Identify practices and behaviors that support health and well-being of self and others . 7.2.2 Demonstrate practices and behaviors that support health and well-being of self and others.

Educator Input

- The revised standards align to a more comprehensive definition of health (i.e., health is not just the absence of injury/disease).
- Health educators did not feel that the stronger integration of SEL competencies in the 2024 standards would lead to changes in their curriculum as SEL was already a prominent focus of their instruction.
- Educators raised questions/concerns over the teaching of “misinformation” and “disinformation,” which can be politically charged concepts.

Education Quality Standards (2025) Connections to 2024 National Health Education Standards

- Student-centered approach.
- Wellness and social-emotional development.
- Health equity.

Questions

Recommendations and Rollout

Recommendation

- The Vermont State Board of Education approve adoption of the 2024 National Health Education Standards.
- The Vermont State Board of Education approve the adoption of the 2024 SHAPE America National Physical Education Standards.

Rollout Timeline

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 2025 - Spring 2026
Widespread messaging when standards adopted (e.g., through VTCLA, etc.)	Fall 2025
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 2025 - Summer 2026
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 2025 - Summer 2026
2024 National Health Education Standards and 2024 SHAPE America National Physical Education Standards in effect	Fall 2026