# Physical Education Frequently Asked Questions (FAQ)

1. **Is Physical Education a required class/content area?**

**Yes,** **by law** school districts are required to provide a planned K-12 instructional program including all Common Curriculum Goals and academic content standards in physical education as described by [ORS 329.045](https://www.oregonlaws.org/ors/329.045)

**In addition, Division 22 Standards for Public Elementary and Secondary Schools includes Physical Education as part of Common Curriculum Goals and academic content standards adopted by the State Board of Education** [OAR 581-022-2030](https://secure.sos.state.or.us/oard/viewSingleRule.action;JSESSIONID_OARD=myljI5bUNSoTqto9OBPMuLobk_GkyJG4gMUhSNHl74zJdWJZkXBI!2024649768?ruleVrsnRsn=246695).

* Oregon Academic content standards for Physical Education as adopted by the State Board of Education [NEW Oregon Physical Education Standards](http://www.oregon.gov/ode/educator-resources/standards/physicaleducation/Documents/orpecontentstandards.docx)
* The time allotted should be reasonable to include [high quality Physical Education](https://www.cdc.gov/healthyschools/pecat/highquality.htm%20) instruction to meet Physical Education Common Curriculum Goals and Content Standards.
* Best practice recommends class sizes be equivalent to other content areas. [Guidance Document](https://www.shapeamerica.org/publications/resources/teachingtools/qualitype/upload/Teaching-Large-Class-Sizes-in-PE-2006.pdf)

1. **Is there a required amount of time that elementary and middle school students are to receive physical education instruction?**

\*Currently there is not a required amount of time, however, there will be required minutes starting in the 2019-20 school year.

[ORS 329.496](https://www.oregonlaws.org/ors/329.496) **Physical education participation** requires all public school students in Kindergarten through grade 8 to participate in physical education f**or the entire school year** and **meet specific weekly minute requirements**.

A phase-in of required minutes will occur over the years to reach the goal of students in grade kindergarten through grade 5(6) (K-6 self-contained) participating in physical education for **at least 150 minutes during each school week for the entire year,** and students in grades 6-8 participating in physical education for **at least 225 minutes during each school week for the entire year.**

ORS 329.496 Senate Bill 4 (SB4) amended the previous legislation in HB3141.

Below is a graphic to show the implementation timeline:

1. **Must a licensed physical education specialist instruct elementary physical education?**

**No**, multiple-subject endorsed elementary teachers **may teach elementary physical education to their own self-contained classroom.** However, best practice recommends having a licensed professional teach their specific content area.

[ORS 329.496](https://www.oregonlaws.org/ors/329.496) also allows up to 45 minutes per week of Physical Education to be taught by a licensed multiple subject endorsed Elementary teacher to another class as long as it:

* meets academic content standards for Physical Education as adopted by the State Board of Education [NEW Oregon Physical Education Standards](http://www.oregon.gov/ode/educator-resources/standards/physicaleducation/Documents/orpecontentstandards.docx)
* has been reviewed by a licensed Physical Education Specialist

Schools may combine physical education minutes taught by a licensed Physical Education Specialist and minutes taught by a licensed multiple subject endorsed Elementary teacher to their own self-contained classroom, and up to 45 minutes per week for a licensed multiple subject endorsed Elementary teacher to teach to another class. **Example configurations below:**

* Physical Education teacher teaches all grades K – 5; 30 minutes 3 days/week = 90 minutes/week
* Each Elementary Classroom teacher teachers their own Specific Grade; 15 minutes 2 days/week = 30 minutes/week

**Total minutes per week = 120 minutes**

OR

* Physical Education teacher – Grades K – 5; 30 minutes 3 days per week = 90 minutes/week
* Each Elementary Classroom teacher – Specific Grade; 15 minutes 2 days/week = 30 minutes/week
* Specific Elementary Classroom teacher to another class - Specific Grade; 10 minutes 3 days/week = 30 minutes/week

**Total minutes per week = 150 minutes**

OR

* Each Elementary Classroom teacher – Grades K – 5; 35 minutes 3 days per week = 105 minutes/week
* Specific Elementary Classroom teacher to another class - Specific Grade; 15 minutes 3 days/week = 45 minutes/week

**Total minutes per week = 150 minutes**

All content and activities must allign to the oregon state standards for physical education.

1. **Must a teacher with a physical education endorsement instruct middle school physical education?**

**Yes**, the Teacher Standards and Practices Commission (TSPC) adopted the Initial and Continuing system of licensure in 1999, which created "specialty subject endorsements". Physical education was identified as a specialty area, and now requires additional preparation in physical education for the teacher holding an Initial or Continuing license with a physical education specialty subject endorsement.

The Legacy Physical Education endorsement is available for those who held (or hold) a Basic or Standard teaching license with the Elementary endorsement AND have (4) year of experience teaching Physical Education in a prekindergarten through grade 8 assignment. The teaching experience must have been completed between January 1, 2011 and January 1, 2016.

[Contact TSPC](https://www.oregon.gov/tspc/pages/contact_us.aspx)

1. **Must high school physical education be instructed by a teacher with a physical education endorsement?**

**Yes**. However, a teacher whose endorsement is not in physical education may teach physical education up to 10 hours per week (this applies to all grade levels).

1. **What are Oregon's graduation requirements in physical education?**

Students are required to have one credit of physical education in high school to graduate.

[**OAR 581-022-2000**](https://secure.sos.state.or.us/oard/viewSingleRule.action;JSESSIONID_OARD=UNJwwWKPuf6roZXTzT1Idgsh6sno56Je22UoM73xquKVrMQUPuyf!-277278532?ruleVrsnRsn=246705)  Diploma Requirements

Ways students can meet Physical Education Graduation Requirements

1. **I understand districts set the performance standard in physical education. May they also choose the format of the assessment?**

**Yes.** The district may choose the format in which students demonstrate they meet the district performance standard. Assessments in physical education could include written tests, fitness logs maintained during classroom instruction, performance assessments, videotape of a student participating in a physical activity or other district developed or adopted assessment that aligns to the state standards.

**8. May non-classroom instruction give a student the opportunity to meet a part of the district's performance standard in physical education?**

**Yes,** if a school district has adopted policies to do so, a district may choose to allow a student to use non-classroom experience to meet the state and district's established performance standards. For example, a student, who is part of a *sports* team, may provide evidence (e.g., videotape) to the district demonstrating the student meets a part of the competency in a variety of skills and movement pattern standards (Standard 1 & 2), or a district may collaborate with the private party to support a student to meet the district performance standards. However, the student may need classroom instruction in health enhancing physical activity and fitness (Standard 3), and opportunities to demonstrate responsible personal and social behavior (Standards 4 & 5) in order to have the opportunity to meet the State Standards, and the entire district performance standard.

School districts are responsible to ensure that all students meet academic content standards.

**9. Can a district waive required instruction in physical education for students on Individual Education Plans (IEPs)?**

Not automatically. Instruction for students with disabilities cannot automatically be waived; rather the IEP Team will determine the instructional program and level of participation for Physical Education. The IEP Team must specifically develop an IEP for Physical Education and the district level motor team should be included in the decision.

# Research/Resources

**10. Is there an association between school-based physical activity, including physical education, and academic performance?**

**Yes,** the Centers for Disease Control and Prevention (CDC) published a report on that outlines the connections and benefits of movement and academic achievement.[**academics/pape\_executive\_summary.pdf**](https://www.cdc.gov/HealthyYouth/health_and_academics/pdf/pape_executive_summary.pdf)

**11. Do professional organizations recommend a specific amount of time for physical education instruction?**

**Yes**, national organizations including the American Heart Association, the American Cancer Society, the American Diabetes Association, the Society of Health and Physical Educators (SHAPE AMERICA), the National Association for Sport and Physical Education (NASPE), the National Association of State Boards of Education (NASBE), the Centers for Disease Control and Prevention and the Institute of Medicine **recommend 150 minutes of physical education each week for children in elementary school and 225 minutes per week for middle school and high school.**

Recommendations also state that at least 50 percent of class time should be spent in moderate to vigorous physical activity.

**12. What is the difference between physical education and physical activity?**

**Physical education** teaches how to be wise consumers of physical activity. It is not enough to be just

physically active; participants need to realize the benefits, skill techniques, training principles, values and appreciations of a physically active lifestyle. Based on a sequence of learning, physical education should not be compared to or confused with other physical activity experiences such as recess, intramurals, athletics, marching band and other recreational activities. Quality physical education programs offer learning opportunities, appropriate instruction, and meaningful and challenging pedagogical experiences for all participants.

**Physical activity** is bodily movement of any type and may include recreational, fitness, and sport activities. In fact, physical activity is almost anything that involves the muscular and skeletal systems. Physical activity should be part of a physical education class, but it can also be incorporated into other academic subject areas, including recess, and before and after school physical activity programs.

**NASPE -** [**The\_Difference\_between\_Physical\_Education\_and\_Physical\_Activity.pdf**](http://learn.district196.org/pluginfile.php?file=%2F198645%2Fmod_resource%2Fcontent%2F1%2FThe_Difference_between_Physical_Education_and_Physical_Activity.pdf)

A Comprehensive School Physical Activity Program (**CSPAP**) is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement. Students can accumulate the recommended amount of physical activity through the provision of the multi-component CSPAP.

[**cdc/cspap.htm**](https://www.cdc.gov/healthyschools/physicalactivity/cspap.htm)

**13. Are there any recommendations concerning the amount of time students should be engaged in physical activity?**

Yes, the Surgeon General of the United States recommends children should engage in 60 minutes of moderate activity most days of the week, yet estimates show that only 3.8 percent of elementary schools provide daily physical education (PE). [surgeongeneralpriority](https://www.surgeongeneral.gov/priorities/prevention/strategy/active-living.html)

The American Heart Association (AHA) recommends Children 3-5 years old should be physically active and have plenty of opportunities to move throughout the day. Kids 6-17 years old should get at least 60 minutes per day of moderate- to vigorous-intensity physical activity, mostly aerobic. Include vigorous-intensity activity on at least 3 days per week. Include muscle- and bone-strengthening (weight-bearing) activities on at least 3 days per week. [americanheartrecommendations](https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults)

The Centers for Disease Control and Prevention has developed guidelines for physical activity. [cdphysical\_activity/guidelines.htm](https://www.cdc.gov/cancer/dcpc/prevention/policies_practices/physical_activity/guidelines.htm)