

## 2017-2018 Wellness and Physical Education

### **Background**

The physical education and wellness measures are required per state law.

3301.079(A)(3) says:

*The state board shall adopt the most recent standards developed by the national association for sport and physical education for physical education in grades kindergarten through twelve or shall adopt its own standards for physical education in those grades and revise and update them periodically.*

*The department of education shall employ a full-time physical education coordinator to provide guidance and technical assistance to districts, community schools, and STEM schools in implementing the physical education standards adopted under this division. The superintendent of public instruction shall determine that the person employed as coordinator is qualified for the position, as demonstrated by possessing an adequate combination of education, license, and experience.*

The legislature enacted this law because wellness and physical education are important components of a student's academic success. To accompany this law, the legislature also adopted ORC Section 3302.032 (A) and 3302.032(B) to create wellness and physical education measures on the building and district report cards. This section says the following:

*Not later than December 31, 2011, the state board of education shall establish a measure of the following:*

- (1) Student success in meeting the benchmarks contained in the physical education standards adopted under division (A)(3) of section [3301.079](#) of the Revised Code;*
- (2) Compliance with the requirements for local wellness policies prescribed by section 204 of the "Child Nutrition and WIC Reauthorization Act of 2004," 42 U.S.C. 1751 note;*
- (3) Whether a school district or building has elected to administer the screenings authorized by sections 3313.674, 3314.15, and 3326.26 of the Revised Code ;*
- (4) Whether a school district or building is participating in the physical activity pilot program administered under section [3313.6016](#) of the Revised Code.*

*(B) The measure shall be included on the school district and building report cards issued under section [3302.03](#) of the Revised Code, beginning with the report cards issued for the 2012-2013 school year, but it shall not be a factor in the performance ratings issued under that section.*

### **Physical Education and Wellness Measures**

For district report cards, the data are reported through four measures. These measures include:

1. The extent to which the students meet physical education benchmarks
2. Whether the district implemented a local wellness policy required by federal regulation

3. Whether the building and/or district elected to administer Body Mass Index screenings to students (data gathered by Ohio Department of Health)
4. Participation in the Physical Education Pilot Program (spreadsheet managed by P.E. Consultant in Curriculum and Assessment)

Physical Education Standards	Compliance with Local Wellness Policy	Participation in Body Mass Index (BMI) Screening	Participation in Physical Activity Pilot Program
Building and District Report Card	District Report Card	Building and District Report Card	Building and District Report Card
<p><b>The extent to which students are successful in meeting the benchmarks contained in Ohio’s physical education standards.</b></p> <p>Building composite score and overall district composite score determination will be “High”, “Moderate” or “Low”.</p>	<p><b>Compliance with the federal requirement for implementing a local wellness policy.</b></p> <p>Overall district composite score will be a “Yes”, “No” or “N/A”.</p>	<p><b>Compliance with completing BMI screening requirements instead of operating under a waiver.</b></p> <p>Building composite and overall district composite score will be a “Yes” if completed BMI screening or “No” if requesting a waiver, non-submission of waiver or non-completion of BMI screening.</p>	<p><b>Participation in the Physical Activity Pilot Program.</b></p> <p>Building composite and overall district composite score will be a “Yes” or “No”.</p>

**Meeting Physical Education Standards**

There are five physical education content standards and two benchmarks per standard. The standards are interrelated and contribute to a comprehensive physical education program. Students test on each benchmark once per grade band (K-2, 3-5, 6-8, 9-12).

The standards are located at the link below.

<http://education.ohio.gov/getattachment/Topics/Ohios-Learning-Standards/Physical-Education/Updated-Physical-Education-Standards-Evaluations-2/Updated-Physical-Education-Standards.pdf.aspx>

Students tested on the physical education benchmarks receive a score between 1 and 3 for each benchmark. The scores for all the benchmarks are averaged together and a student receives an overall score of Limited (1), Proficient (2), or Advanced (3).

Students’ scores for a building or district are averaged and the building or district receives a report card grade of low success, moderate success, or high success (see table for scoring ranges).

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Report Card Rating	Average Rating
High Success	Average student score 2.75 - 3.0
Moderate Success	Average student score 1.75 - 2.74
Low Success	Average student score 0.0 - 1.74

**Standard 1:** Demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** Exhibits responsible, personal and social behavior that respects self and others.

**Standard 5:** Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Information on the physical education evaluation can be found here.

<http://education.ohio.gov/Topics/Learning-in-Ohio/Physical-Education/Updated-Physical-Education-Standards-Evaluations-2>

### **Body Mass Index Screening**

School districts have the option to administer Body Mass Index (BMI) screenings to students. Districts choosing to participate in BMI screenings can take the measurement any time between the first day of school and May 1<sup>st</sup>. Districts must notify parents and can opt out of participation. If a district elects to administer the screenings, a checkmark will appear on the District Wellness and Physical Education measure. More information about BMI screenings can be found here: [BMI Screenings](#) and [BMI FAQ](#)

### **Local Wellness Policy**

Federal regulation requires each school district that participates in the National School Lunch Program or other federal Child Nutrition programs to establish a local school wellness policy for all schools under its jurisdiction. This is part of the federal requirement to be eligible to receive federal school lunch funding and/or other child nutrition money. Each local educational agency signs off that it does indeed have a policy. Additional information on the policy can be found [here](#).

Districts with a local wellness policy will receive a checkmark on their report card.

### ***Physical Education Pilot Program***

The Physical Education Pilot Program is an optional program. Schools and districts that choose to participate must provide every student with 30 minutes of moderate to rigorous physical activity every school day or 150 minutes per week. If a district chooses to participate in this program, a checkmark will appear on their report card. Districts and schools that do participate report their participation to ODE through a form which is located [here](#).