

## 2015-2016 Wellness and Physical Education

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

Wellness and physical education are important components of a student’s academic success. Wellness and physical education are reported on building and district report cards through four measures. These measure report: how well students meet physical education benchmarks, whether the district implemented a local wellness policy, whether the district elected to administer BMI screening, and participation in the Physical Education Pilot Program. Three of these measures are reported only at the DISTRICT level.

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	District Report Card	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>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>Overall district composite score will be a “Yes” or “No”.</p>

### ***Meeting Physical Education Standards***

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

Students are tested on physical education benchmarks and can receive a score ranging 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, proficient, or advanced. Districts report the student’s overall score as limited = 1, proficient = 2, or advanced = 3. Students’ scores for a building are averaged together and the building receives a report card grade of low success, moderate success, or high success (see table for scoring ranges). Districts receive a report card grade of low success, moderate success, or high success by averaging the students’ scores in a district.

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 motor skills and movement patterns needed to perform a variety of physical activities.

**Standard 2:** Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

**Standard 3:** Participates regularly in physical activity.

**Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.

**Standard 5:** Exhibits responsible personal behavior and social behavior that respects self and others in physical activity settings.

**Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

More information about physical education standards and benchmarks can be found here: [Physical education standards](#)

### ***Body Mass Index Screening***

School districts can choose to administer Body Mass Index (BMI) screenings to students. Districts that choose to participate in BMI screenings can administer it between the first day of school through May 1<sup>st</sup>. Parents must be notified and can opt out of participation. If a district elects to administer the screenings, a check mark 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***

Districts must implement a local wellness policy per federal requirement. Districts with a local wellness policy will receive a check mark on their report card.

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

The Physical Education Pilot Program is an optional program that requires districts to provide every student with 30 minutes of moderate to rigorous physical activity every school day. If a district chooses to participate in this program, a check mark will appear on their report card.

