

Physical Education AND Health Standards

Recommendation

FINAL REPORT



Introduction

Iowa's Academic Standards were created to establish consistency in what students should learn and be able to do from the time they enter school until they graduate. The Iowa Academic Standards provide guidelines for educators to ensure students possess the skills and knowledge they need to succeed after high school in the required areas of science, social studies, English language arts, mathematics and 21st Century skills (employability skills; and civic, financial, health and technology literacy). Since the inception of the Iowa Core, Iowa lawmakers and education officials have realized students need additional skills beyond the original core content areas to further their learning and better prepare them for life after graduation. Of the many subjects children study in school, there may be none more central to their well-being than physical education and health education.

During the past two decades, physical education and health have undergone a transformation in rigor and focus and are now recognized as essential to a young person's overall education experience and to build a foundation for lifelong healthy living. The federal Every Student Succeeds Act (ESSA) of 2015 includes physical education and health as important components of a well-rounded education, and Iowa recognizes the importance of physical education and health education programs in its Live Healthy Iowa initiative. A growing body of research (Ratey, 2008; Ratey, 2013; Lewalen, 2015) produced within the last decade suggests a relationship between moderate to vigorous physical activity and the structure and functioning of the brain. Children who are more active show greater attention, have faster cognitive processing speed and perform better on standardized academic tests than children who are less active. Quality instructional programs in physical education and health are essential for building skills, advancing knowledge and contributing to

dispositions toward physical activity at all stages of life. In addition, physical education and health programs provide the knowledge and skills to support the development of social-emotional learning.

Providing effective kindergarten through 12th grade health education, as a part of a well-rounded educational experience while in their formative years, can change students' life courses and health trajectories by preparing them to implement important skills that will guide healthy decisions and practices into adulthood. Health education does this for students by teaching them the skills they need to increase their levels of health literacy. A quality health education program provides students with the knowledge, attitudes and skills they need to make health-promoting decisions, achieve health literacy, adopt health-enhancing behaviors and promote the health of others (Lewalen, 2015).

Statewide standards will provide a foundation for Iowa school districts to implement high-quality health and physical education programs. A team of Iowa educators and community members was convened to offer a recommendation to the State Board of Education for kindergarten through 12th-grade physical education and health standards. This report is a summary of the team's work and includes its recommendations for adoption of the Society of Health and Physical Educators (SHAPE) America standards and grade level outcomes for Iowa's Physical Education Standards and the National Health Standards of the Joint Committee on National Health Education Standards and performance indicators as Iowa's Health Education Standards. These standards will serve as a framework to guide instructional decisions in classrooms across the state. The recommendations had unanimous approval among team members.

Process

The Physical Education and Health Standards Review Team was convened in September 2018 and met five times through February 2019.

During daylong meetings, the review team studied national standards, talked with experts from SHAPE America, reviewed the SHAPE standards and National Health Education Standards, evaluated feedback from stakeholders across Iowa, and considered how PE and health standards might best be implemented in Iowa.

SHAPE is the nation's largest membership organization of health and physical education professionals and provides programs and resources to support physical education and health education. SHAPE America National Standards and Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as a result of a highly effective PE program. States and school districts use these standards to develop or revise existing standards, framework and curricula. The team agreed that any PE standards for Iowa's students would need to incorporate the concepts from the SHAPE America Standards.

The team also reviewed the National Health Education Standards that were developed by the Joint Committee on National Health Education Standards. These standards and performance indicators describe the knowledge and skills a student should have as a result of a quality health education program. The team learned that there are existing resources available to support districts in implementing these standards and performance indicators and that many other states have used these standards as their state health education standards.

After studying the national standards and learning from other states and from experts in both physical education and health education, the review team

decided it would seek public input on adopting the National Health Education Standards and performance indicators as Iowa's Health Education Standards and the SHAPE America standards and grade level outcomes as Iowa's Physical Education Standards. The review team did not seek public input on including the health education standards as the 21st Century health literacy standards because all of the 21st Century Skills standards are scheduled to be reviewed in 2020.

The review team knew public input was critical to the process. The team, with the assistance of Iowa Department of Education staff, crafted an online survey to request feedback about the proposed Iowa physical education and Iowa health education standards from Iowa students, parents, educators and community members. There were more than 1,300 respondents who answered questions for the survey.

The team analyzed the feedback from the online survey to look for consistent areas of agreement or disagreement about the standards as a whole or a specific standard.

Team members used the input from the survey and two public forums attended by about 40 participants to supplement their own small group discussions and their question-and-answer session with SHAPE officials and other schools and districts in the country that utilize the SHAPE standards to create their final recommendations for Physical Education and Health Standards in Iowa.



Public input findings

The team sought public feedback on the Physical Education and Health Standards through an online survey and public forums. The online survey was created and made available to the public through an Iowa Department of Education press release that goes to all media and district contacts. Standards Review team members and Iowa Department of Education consultants in the Bureau of Leading, Teaching, Learning Services also distributed the survey via email to their professional networks. The survey was also available on the Department’s website and was shared at the public forums.

The survey was drafted using the standards review feedback template. In the survey, there were introductory questions about the demographics of the survey-taker and general questions about the standards such as whether the respondent thought standards for physical education and health would improve student learning in Iowa. In the survey each

proposed standard was listed and survey-takers were able to review and provide feedback on each standard. Respondents were given the option to keep each standard as is, make edits or eliminate. Survey-takers could make comments about why a standard should be revised or removed. Survey-takers could also answer questions about what they believed would be the most helpful, useful and important for implementing the proposed standards.

The survey was open online for four weeks. During that time, there were more than 1,300 responses. Figure 1 below shows that the responses came from across the state and were representative of state enrollment demographics with a larger number of respondents from the regions with the higher populations and student enrollments. Additionally, Figure 2 shows that while a little more than 50% of respondents were teachers or teacher leaders, the respondents represented all stakeholder groups.

Figure 1

Which Area Education Agency (map link provided) area do you live in?

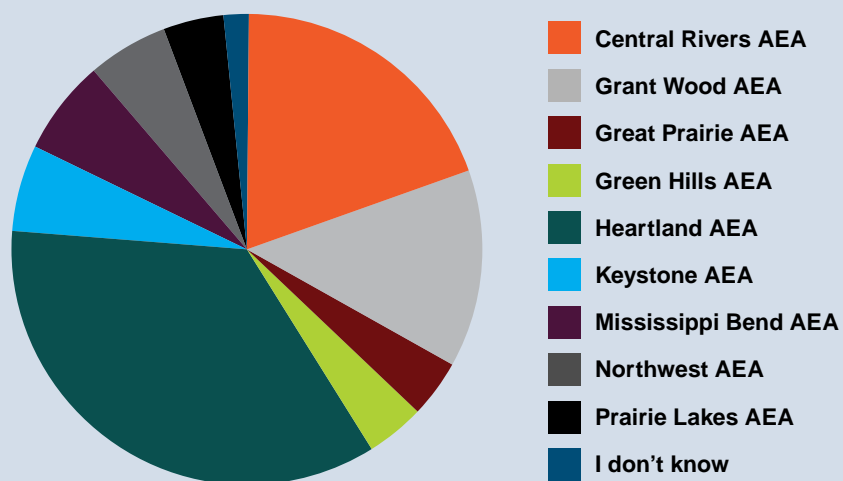


Figure 2

Which stakeholder group do you primarily represent as you complete this survey? (check one)

Answer Choices	Responses	Percent
Teacher/Teacher Leader	691	52.03
Administrator	64	4.82
Area Education Agency Personnel	20	1.51
Higher Education	20	1.51
Parent	284	21.39
Student	23	1.73
Community Member	69	5.20
Informal Educator (e.g. after school/museum/community educator)	27	2.03
School Nurse	25	1.88
School Counselor	16	1.20
At-Risk Coordinator	2	0.15
Other (please specify)	87	6.55
Total	1328	

According to the survey response data, as shown in Figure 3 and Figure 4, most respondents agreed the statewide recommended standards will lead to improved student learning for Iowa students.

Figure 3

Statewide recommended standards for physical education will lead to improved student learning for Iowa's students.

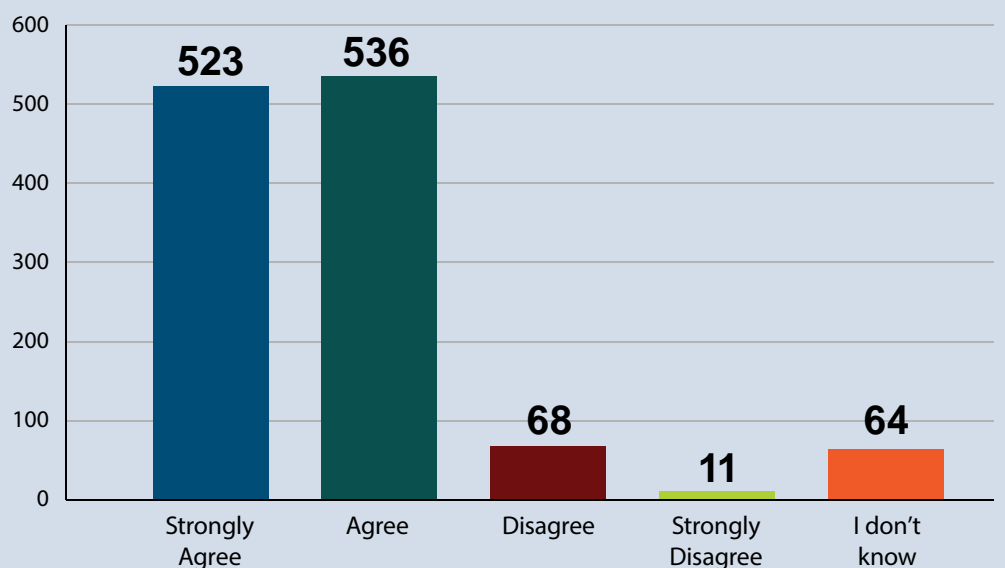
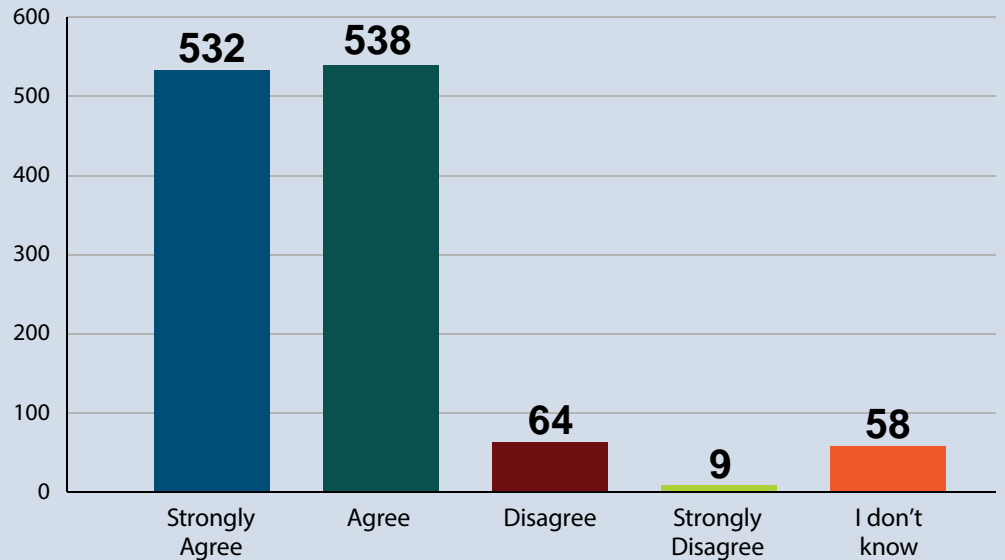


Figure 4

Statewide recommended standards for health education will lead to improved student learning for Iowa's students.



In addition, there was support for the Physical Education anchor standards and grade-level standards and for the Health Education anchor standards and grade-band standards as they were written. For each anchor and grade-level or grade-band standard, the majority of respondents to the standard indicated "Keep As Is" as opposed to "Modify" or "Eliminate."

The survey also provided the opportunity for the public to give feedback for standards implementation. The feedback indicated the respondents felt time, resources and professional development would be necessary to support standards implementation.

The state also hosted public input forums Dec. 4, 2018, in Pella, and Dec. 6, 2018, in West Des Moines, with satellite locations in every region across the state. Feedback from the forums resulted in participants questioning why the standards would be recommended instead of required, the need for professional development to show educators how

to use the standards, and observations that the assessment component of the standards was missing.

Team members received transcripts of the forums' discussion and comments. They also received copies of emails Department of Education employees received with public comment about the standards review process.



Recommendations for Physical Education and Health Standards

After a review of various standards, discussion with experts and peers, and analysis of public feedback, the team recommends the following:

- Adopt the [SHAPE America National Standards for K-12 Physical Education and grade-level outcomes](#)* as Iowa's recommended K-12 Physical Education Standards.
- Adopt the [National Health Education Standards of the Joint Committee on National Health Education Standards and grade-band performance indicators](#)* as Iowa's recommended K-12 Health Education Standards.

*Click on the blue hyperlinks above to view the full set of standards.



Conclusion

The Physical Education and Health Standards Review Team has completed its recommendation of the voluntary adoption of physical education and health standards for Iowa and has adequately considered all public feedback that was received during this process. As a result, the review team puts forth this document as well as a companion document with the complete set of proposed Iowa K-12 recommended physical education and health education standards to the Iowa State Board of Education for its approval.



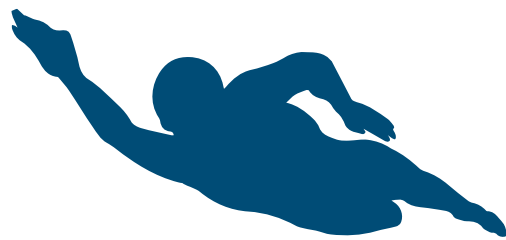
Standards Implementation Recommendations

The standards review team also recommends:

- Standards implementation support for health education and physical education that is relevant to each content area.
- The Iowa Department of Education develop an implementation plan and communication plan for both physical education and health education standards.
- Ensuring physical education teachers, health teachers, teacher leaders, administrators and nonformal educators have access to the necessary, focused and intentional professional learning, guidance and instructional resources to support implementation.
- As the 21st Century Skills standards are updated, the review team recommends the new Iowa recommended Physical Education and Health Education standards be considered for inclusion in the required health literacy standards.

Membership

- **Barbara Bakker**, University of Northern Iowa, Instructor of School Health Education
- **Charity Campbell**, Norwalk Community School District, Physical Education Teacher
- **Kurt Denahy**, Clinton High School, Clinton Community School District, Wellness Teacher
- **Erin Drinnin**, United Way of Central Iowa, Community Impact Officer, Health
- **Cindy Elsbernd**, Iowa Kidstrong, Inc., Founder/CEO
- **Stacy Frelund**, American Heart Association, Iowa Government Relations Director
- **Neil Gray**, Northeast Community School District, Superintendent
- **Jan Grenko Lehman**, Iowa Association for Health, Physical Education, Recreation and Dance, Physical Education Teacher/Coordinator
- **Donna Heying**, Keystone Area Education Agency, School Improvement Consultant and Physical Education Contact
- **Jesse Howard**, Middletown Army Reserve/Iowa National Guard, Recruiting and Retention Non-Commissioned Officer in Charge
- **Craig Johnston**, Central Springs High School, Central Springs Community School District, Physical Education Teacher
- **Jodi Larson**, Ankeny Centennial High School, Ankeny Community School District, Physical Education and Health Teacher
- **Betsy Luck**, Oskaloosa Middle School, Oskaloosa Community School District, Physical Education Teacher
- **Brian Rhoads**, West Des Moines Community School District, Curriculum Lead for K-12 Health and Physical Education
- **Pam Richards**, Central College Associate Professor, Exercise Science
- **Carlye Satterwhite**, Des Moines Public Schools, Curriculum – Physical Education & Health
- **Sarah Taylor Watts**, Iowa Department of Public Health, Physical Activity Coordinator
- **Shari Walling**, Summit Middle School, Johnston Community School District, Physical Education and Health Teacher



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