

IDAHO CONTENT STANDARDS

PHYSICAL EDUCATION K-12

During the fall of 2015, the Idaho State Department of Education convened a committee of physical educators and health professionals to review the Idaho Content Standards for Physical Education. This committee represented educators from around the state, elementary teachers through college professors, and health professional partners. This document contains justifications and clarifications to the committee's proposed changes to the Idaho Physical Education Standards K-12.

The Idaho Physical Education Standards are divided by grade bands: K-2, 3-5, 6-8, and 9-12.

Each grade band has the same five standards: 1. Skilled Movement, 2. Movement Knowledge, 3. Health Enhancing Personal Fitness, 4. Personal and Social Responsibility, and 5. Valuing a Physically Active Lifestyle.

The changes included updated terms, including physical literacy. Physical literacy possesses both the knowledge and ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the health development of the whole person. The names of specific programs and assessments from the previous standards were removed and general terms replaced them (i.e., Fitnessgram or President's Council were replaced by evidence-based fitness tests). Examples for objectives were updated with current physical education skills and health related fitness activities.

Compiling the public comments for Physical Education showed positive response to the changes made. The only actionable comment, which occurred four times, was to reorder the standards to align with SHAPE America standards. This action was put out for a vote, via email, to the professionals who wrote the standards revision. A district was opposed to changing the standards to align with SHAPE America standards because they do standards based grading. The rest of the committee voted to align the standards numerically. The school district can still use their standards based grading for physical education because the only change was the numerical order.

Previous Order:

1. Skilled Movement
2. Movement Knowledge
3. Valuing a Physically Active Lifestyle
4. Health Enhancing Personal Fitness
5. Personal and Social Responsibility

New Order:

1. Skilled Movement
2. Movement Knowledge
3. Health Enhancing Personal Fitness
4. Personal and Social Responsibility
5. Valuing a Physically Active Lifestyle