



STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING


RICK SNYDER
GOVERNOR

MICHAEL P. FLANAGAN
SUPERINTENDENT OF
PUBLIC INSTRUCTION

October 22, 2012

MEMORANDUM

TO: State Board of Education

FROM: Michael P. Flanagan, Chairman 

SUBJECT: Approval of State Board of Education Model Policy on Quality Physical Education and Physical Activity in Schools

Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity, which includes a quality physical education program. Research continually shows that improved health optimizes student and staff performance potential, thereby improving academic achievement. Historically, the State Board of Education (SBE) has emphasized the impact of student well-being on academic achievement as evidenced by the adoption of 16 health-related policies over a 14-year period.

In 2003, the SBE adopted the Policy on Coordinated School Health (CSH) Programs to Support Academic Achievement and Healthy Schools. This policy recommends that school districts implement the CSH framework and establish a school health team with an identified School Health Program Coordinator. That same year, the SBE also adopted the Policy on Quality Physical Education. This policy recommends that school districts implement national best practice strategies to teach and support students to be physically active throughout their life span. With improved health outcomes for students and staff, schools are better equipped to focus on academic achievement.

In 2005, the SBE adopted a Vision of Universal Education. The vision states that a universal education engages broad-based working partnerships in removing all barriers that interfere, impede, and/or prohibit access to the full range of learning opportunities. The vision further states that a universal education supports practices to prevent learning problems stemming from physical, environmental, social, and emotional factors. Physical education supports these principles.

STATE BOARD OF EDUCATION

JOHN C. AUSTIN – PRESIDENT • CASANDRA E. ULBRICH – VICE PRESIDENT
NANCY DANHOF – SECRETARY • MARIANNE YARED MCGUIRE – TREASURER
RICHARD ZEILE – NASBE DELEGATE • KATHLEEN N. STRAUS
DANIEL VARNER • EILEEN LAPPIN WEISER

608 WEST ALLEGAN STREET • P.O. BOX 30008 • LANSING, MICHIGAN 48909
www.michigan.gov/mde • (517) 373-3324

In September 2011, Governor Rick Snyder laid out his plan to create a healthier Michigan, including obesity prevention, on his Health and Wellness Dashboard. The Dashboard monitors Michigan's progress on multiple indicators, thus supporting what the SBE has been emphasizing with its related policies. Governor Snyder emphasized four key behaviors to improve health – one being engaging in regular physical activity. The 2010 Dietary Guidelines for Americans (<http://health.gov/dietaryguidelines/>) as well as the National Association for Sport and Physical Education (NASPE) recommend 60 minutes of physical activity a day for children and adolescents.

The Michigan Department of Education (MDE) worked in cooperation with many partners, including the Michigan Department of Community Health's Adolescent and School Health Unit; the Michigan Association on Health, Physical Education, Recreation and Dance; and the Michigan Fitness Foundation, among others, in the development of this model policy. The model policy is intended to be used as a guide to assist school districts as they develop their own policies.

The draft model policy was presented to the SBE on June 12, 2012. A public comment period took place from June 25 to August 31, 2012. Comments were gathered from physical education organizations, teachers, administrators, and students. A summary of the comments is included in Attachment A. A copy of the revised policy is included as Attachment B. Additions to the policy are in ***bold and italics***, ~~strikethroughs~~ are removals, all of which are based on public comment.

It is recommended that the State Board of Education approve the State Board of Education Policy on Quality Physical Education and Physical Activity in Schools (Attachment B), as attached to the Superintendent's memorandum dated October 22, 2012.

Attachments

Summary of Public Comment

The public comment period was open from June 25 through August 31, 2012. There were 81 public comment responses received for the State Board of Education draft Model Policy on Quality Physical Education and Physical Activity in Schools via an online survey.

Professional groups that were contacted for public comments from their membership include:

Michigan Fitness Foundation

Michigan Association on Health, Physical Education, Recreation, and Dance

Institutes of Higher Education

Michigan Coordinated School Health Association (formerly the Comprehensive School Health Coordinators Association)

In addition, written comments were received from other individuals, teachers, students, and school administrators.

Summary of Public Comment Responses

There were many concerns that the draft policy was law rather than model policy based on best practice and national guidelines. Michigan does not currently have a state law outlining requirements for physical education and/or physical activity in schools. Without a state mandate, the Michigan Department of Education can only make recommendations. As a result, many of the comments received were based on that assumption.

The most frequent comments in regards to challenges in implementing the policy concerned lack of staff, time, and funding to fully implement. Comments also indicated there needed to be some piece of the policy that included families.

Many respondents indicated they were pleased to see the inclusion of physical activity in the policy and specified amount of time for physical education. Other supportive comments include:

- Commitment to the physical well-being of children
- Emphasis on life-long physical activity
- Research-based information stressing the importance of physical activity on student learning
- Overall encouragement to incorporate movement into the day for students
- Recommendations that "all teachers be trained in how to incorporate physical activity into lessons" and that "physical activity may not be denied or used for disciplinary reasons..."

As a result of public comment, revisions to the draft policy appear in **bold and are italicized** with strikeouts indicating where language was removed. Every effort was made to address comments and include recommendations if legitimately possible.

MICHIGAN
STATE BOARD OF EDUCATION

**DRAFT MODEL POLICY ON QUALITY PHYSICAL EDUCATION
AND PHYSICAL ACTIVITY IN SCHOOLS**

The State Board of Education (SBE) recommends that all public schools offer physical education opportunities that include the components of a quality physical education program. It is the unique role of quality physical education programs to provide opportunities for children to understand the importance of physical activity and to acquire skills to combat a sedentary lifestyle.

A quality physical education program addresses four critical issues: curriculum, instruction, assessment, and an opportunity to learn. It should include the following:

Curriculum

- ~~Has a curriculum~~ Aligns with the Michigan K-12 *Physical Education Content Standards and Benchmarks*.
- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Influences personal and social skill development.

Instruction

- Is taught by a certified and endorsed physical education teacher trained in best practice physical education methods.
- Aligns curriculum, instruction, and assessment.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Keeps students involved in purposeful activity for a majority of the class period.
- Builds student confidence and competence in physical abilities.
- Promotes physical activity outside of school.
- Meets the needs of all students, regardless of their **cognitive**, physical, or athletic ability.

Assessment

- Establishes program assessment and completes regularly to ensure it continues to meet the needs of the students.
- Assesses students regularly for attainment of physical education learning objectives.
- Includes course grades for physical education in calculations of grade point average, class rank, and academic recognition programs, such as honor roll, in the same manner as other subject areas.

- ***Includes communication to families regarding a student's current level of performance and suggested activities to increase performance outside of school.***

Opportunity to Learn

- Offers instructional periods totaling 150 minutes per week at the elementary level and 225 minutes per week at the secondary level (middle and high school), including ***for*** students ***of all abilities, including those with disabilities***, with ~~disabling conditions~~ and those in alternative education programs.
- Prohibits exemptions or substitutions:
 - K-8 students are not allowed to waive or opt out of physical education, nor are they allowed to receive credit by alternative means.
 - For grades 9-12, substitutions are allowed only after a student has shown proficiency in the standards per the Michigan Merit Curriculum Guidelines for graduation.
- Has a teacher to student ratio consistent with those of other subject areas and/or classrooms.
- Provides facilities to implement the curriculum for the number of students served.
- Has enough functional equipment for each student to actively participate.
- ~~Builds student confidence and competence in physical abilities.~~
- Provides and properly maintains safe and adequate spaces, facilities, equipment, and supplies necessary to achieve the objectives of the physical education program.
 - It is further recommended that regular safety and hazard assessments of gymnasiums, playgrounds, athletic fields, and sports-related equipment shall be conducted. Identified hazards shall be repaired before further use by students, staff, or community members. Any hazard reports shall be kept on file for an amount of time as determined by the district.

The SBE recommends that all public schools offer daily opportunities for physical activity, both structured and unstructured, apart from the physical education program, for all students K-12. ~~by way of a Comprehensive School Physical Activity Program (CSPAP). A CSPAP is the best way for schools to ensure that students get enough physical activity to positively affect their health and academic performance.~~ ***There are a number of*** ways for schools to ensure that students get enough ***adequate*** physical activity to positively affect their health and academic performance:

- Offer at least 30 minutes of moderate to vigorous physical activity during the school day, outside of the physical education class.
 - ***This includes at least 20 minutes of scheduled recess and/or daily periods of physical activity breaks incorporated throughout the day for all grades.***
- Physical activity, ***including recess***, may not be denied or used for disciplinary reasons, or to make up lessons ***or class work***.

- All teachers should be trained in how to integrate physical activity into their classrooms.
- ~~Offer at least 20 minutes of scheduled recess and/or daily periods of physical activity breaks incorporated throughout the day for all grades.~~
- Limit sedentary time to less than 2 hours at one time.
- Recess before lunch is strongly encouraged.
- Interscholastic or intramural programs:
 - diverse selection of competitive and non-competitive, structured and unstructured, extracurricular physical activities shall be offered at no cost to students' families to the extent that staffing, facilities, transportation, and other resources permit.
 - Students **and their families** shall be involved in the planning, organization, and administration of the extracurricular activities program.
- Encouraging Active Commuting to **/from** School - Students and staff members will be encouraged and supported to safely walk or bike to school as often as possible.
- Encouraging Out-of-School Time Activity – For every 3 hours a program operates, at least 20 minutes of moderate, vigorous physical activity must be provided.
- Encouraging Joint Use Agreements – Schools and districts are encouraged to establish joint use agreements with local government agencies to allow use of school facilities for physical activity and other community programs.

Glossary

Coordinated School Health = CSH

Michigan Department of Education = MDE

National Association for Sport and Physical Education = NASPE

State Board of Education = SBE