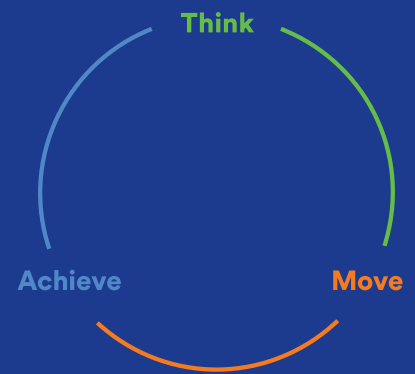


PE WORKS

A SCHOOL LEADER'S GUIDE TO QUALITY PHYSICAL EDUCATION



COLLABORATIVE TEACHERS AND RIGOROUS INSTRUCTION

Hire certified PE teachers and assign them with appropriate student-to-staff ratios

Schedule all students for PE that meets time requirements

Communicate with families about PE

STRONG FAMILY COMMUNITY TIES

Observe instruction to ensure content meets PE standards and grade level outcomes

Educate school community about physical activity and other wellness opportunities

Designate PE space where students can move safely

SUPPORTIVE ENVIRONMENTS

Encourage PE teachers to participate in professional learning opportunities

Include wellness goals in Comprehensive Education Plans as a part of educating the whole child

Foster a culture that is inclusive for all students



Department of
Education

Office of School
Wellness Programs

PE WORKS

A SCHOOL LEADER'S GUIDE TO QUALITY PHYSICAL EDUCATION



SCHOOL NAME: SAMPLE SCHOOL

Here are the conditions you provide effectively to foster quality physical education (PE), and the ways we can help you sustain them:

Encourage learning

Your support for PE professional development contributes to quality instruction and keeps teachers engaged. We will continue to hone your PE staff's skills; develop leadership through professional learning plans and recognition; and, share information about free programs and other resources.

Communicate

Your parent communications ensure that students are prepared for PE, and that families can reinforce healthy habits outside of school. We will highlight what you do to inform families about when PE is scheduled, what students will learn, how students progress, and the benefits of PE and fitness.

Educate community

Your PE staff, CHAMPS coaches, and/or school wellness council members educate your school community by planning and sharing physical activity and wellness opportunities with students, families and staff. We will continue to inform you about programs, grants, partnerships, and events for your wellness champions to promote within your school community.

Foster inclusivity

Your PE environment encourages students to accept individual differences and develop inclusive behaviors. Staff model what students are expected to learn as part of PE. We will continue to offer your team professional development and resources on inclusivity as a core value for participation and learning in PE.

Here are the conditions in which we saw the need for improvement or need more information so that we can better collaborate towards improvement:

Staff

Certified PE teachers are the most important component of sustainable PE, so we will help you identify talented candidates who complement current staff. For elementary schools without a certified PE teacher, we will jumpstart hiring through PE Works funds and consult with you on how to establish appropriate staff-to-student ratios.

Schedule

PE scheduling improvements are key to ensuring all students are able to learn. To make sure your schedule meets time requirements for students equitably, and that it is reflected accurately in Central programming systems, we will provide you with guidance, and/or consult with you on how to improve scheduling. Elementary schools will receive free Move-to-Improve support to supplement daily PE minutes.

Observe

In year two of our plan, we will invite you to professional learning opportunities and provide you with guidance on observing PE to ensure content meets standards and grade level outcomes.

Include in CEP

Including wellness goals in your comprehensive education plan demonstrates a commitment to educating the whole child, and can show what your leadership team does to prioritize instructional requirements that enable students to learn and practice healthy habits. We will work with your PE staff and wellness champions to develop goals and engage your school community in meeting them.

Designate space

Improving the use of your space ensures that students can safely participate in quality PE. We will consult with you to help identify potential activity spaces inside and outside your building while sharing available tools, partnerships, and resources to help your PE staff maximize available spaces.