

OREGON



Amount of Required Physical Education: The state requires students to take physical education in grades K-12.²⁵⁷ Starting in school year 2017-2018, the state will require grade K-5 students to participate in at least 150 minutes per week and grade 6-8 students to participate in at least 225 minutes per week of physical education.²⁵⁸ The state department of education collects data from school districts on the number of minutes of physical education that are provided to K-8 students each school week in each public school.²⁵⁹ High school students must earn physical education credit for graduation. Requirements are enforced by annual district reviews of rules pertaining to education, including teaching all academic standards. This review is then approved by district school boards and submitted to the state department of education. If a district is out of compliance, it has one year to attain compliance.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment, but the department of education is to collect data from school districts on the physical capacity of public schools and additional facilities required by public schools to provide physical education in the amounts required for K-8 students. This data is collected annually or whenever a public school increases or decreases its physical capacity to provide students with physical education.²⁶⁰

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.²⁶¹

Substitutions: The state permits school district policies to provide differentiation in physical education instruction as long as there is alignment to content standards. A district may have a policy on credit options that can include one-on-one individualized independent study with oversight from a physical education teacher. In addition, adapted physical education is provided for students with chronic health problems or other special needs that preclude participation in regular physical education. Adapted physical education is also provided as part of an individualized education program for students with disabilities.²⁶²

Exemptions/Waivers: The state survey reported that the state does not permit schools or school districts to apply for a waiver, nor does it permit students to apply for an exemption, from state physical education requirements. State law requires that students with disabilities have suitably adapted physical education.²⁶³ State law specifies that school districts may excuse students from

required program or learning activity to accommodate students' disabilities or religious beliefs, supported by a written request from the student's parent/guardian. An alternative learning activity that meets the goals of the exempted program must be proposed, approved by appropriate school personnel, and approved by the district school board.²⁶⁴

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, but it does prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public, but does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply.²⁶⁵ The physical education/health standards are up for revision and adoption in Spring 2016.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with the state standards for physical education.²⁶⁶ The state allows districts to adopt instructional

materials from the state instructional materials list or to select instructional materials through a district process aligned to standards. It has not promoted the use of the Physical Education Curriculum Analysis Tool, but it does provide instructional materials review tools to districts. Curriculum must be reviewed and/or revised every seven years, though state physical education materials review has been delayed and materials have not been reviewed since 2006.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. The state survey reported that no additional funding is available for physical education programs. State law specifies that the department of education awards grants to school districts and public charter schools for the purpose of meeting K-8 physical education requirements in the Oregon Revised Statutes.²⁶⁷

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average: The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state requires student assessment related to the state physical education standards in grades 1-12. Students are assessed in the areas determined by the district/school. Districts may use results to inform school/district improvement plans and wellness policies. Physical education teachers use baseline assessment data to write student learning and growth goals as part of the state educator evaluation system.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

257 Or. Rev. Stat. § 329.025 (2015).

258 Or. Admin. R. 581-020-0250 (2015).

259 Or. Rev. Stat. § 329.498 (2015); Or. Admin. R. 581-022-1661 (2015).

260 Or. Rev. Stat. § 329.498 (2015); Or. Admin. R. 581-022-1661 (2015).

261 Or. Admin. R. 581-022-1130 (2015).

262 Or. Rev. Stat. § 329.496 (2015).

263 Or. Rev. Stat. § 329.496 (2015).

264 Or. Admin. R. 581-022-1910 (2015).

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the middle school/junior high and high school levels.²⁶⁸ It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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265 Or. Rev. Stat. § 329.496 (2015).

266 Or. Rev. Stat. § 329.496 (2015); Or. Admin. R. 581-022-1210 (2015); Or. Admin. R. 581-021-0200 (2015).

267 Or. Rev. Stat. § 329.501 (2015); Or. Admin. R. 581-020-0250 (2015).

268 Or. Admin. R. 584-065-0060 (2015); Or. Admin. R. 584-038-0230 (2015); Or. Admin. R. 584-100-0111 (2015); Or. Admin. R. 584-040-0210 (2015).