

VERMONT



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, but does not have a requirement for the number of minutes. High school students must earn physical education credit for graduation.³¹⁴ The state is piloting an Education Quality Review process for enforcing the physical education requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: Students meet physical education requirements for graduation when they demonstrate evidence of proficiency in the physical education curriculum.³¹⁵

Substitutions: The state enables schools to offer students flexible pathways leading to acquisition of the proficiencies required for graduation. The state defines flexible pathways as “any combination of high-quality academic and experiential components leading to secondary school completion and postsecondary readiness, which may include assessments that allow the student to apply his or her knowledge and skills to tasks that are of interest to that student.”³¹⁶ Learning via flexible pathways must occur under the supervision of an appropriately licensed educator and learning expectations must be aligned with state standards.³¹⁷

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. The length of the waiver is granted at the time of its determination. Students may apply for an exemption from required physical education. Any exemptions, substitutions, or waivers from local requirements are handled by local school boards. Upon written request of a local school board, the State Board of Education may approve an alternative method for meeting requirements provided that the alternative method is consistent with the intent of the requirement.

Physical Activity: The state does not require elementary schools to provide daily recess, but it requires that school districts or schools have a minimum of 30 minutes/day of physical activity time for elementary, middle school/junior high, and high school students. This activity may occur within or outside of the school day

and may include recess and movement built into the curriculum, but it cannot replace physical education.³¹⁸ 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, nor does it 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, but does not require them to post it online for the public. Local school wellness policies are collected through the school nutrition programs review process conducted by the state department of education. The state does not monitor the implementation of local school wellness policies.

State Standards: The state adopted SHAPE America’s national standards for physical education in May 2015 with which all school districts are required to comply.

Areas addressed in the 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

Other: Transferable skills as indicated in Vermont Education Quality Standards section 2120.5

State Curriculum: The state’s schools use locally developed curriculum aligned with standards approved by the State Board of Education.³¹⁹ Local education agencies determine how often curriculum must be reviewed and/or revised. In the past year the state has distributed lesson plans or learning activities for physical education and sample proficiency-based graduation standards and indicators to schools and school districts. It has promoted use of

the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts through existing state communications networks and by embedding use of the tool in other workshops.

State Funding for Physical Education Programs: In partnership with the state department of health, some funds from the Center for Disease Control and Prevention's chronic disease prevention and school health promotion grant are available for physical education programs. Approximately \$24,000 was available in 2015 and 2016 as competitive grants to schools for physical education and/or physical activity supplies.

Class Size: N/A

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: N/A

Student Assessment Requirements: The state requires student assessment related to the state physical education standards in grades 1-8. Students are assessed in the areas of National Standards 1-5 listed above. Assessment data are used locally for student learning analysis, reporting, and program development. A school's Local Comprehensive Assessment system, which includes grades K-12 physical education, assesses students in areas not assessed through the State Assessment System.³²⁰

Fitness Assessment: The state does not require student physical fitness assessment. Any data collected are not shared at any level.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight, but it provides model policies, policy guidance, or other materials to inform any school or district policy on this screening.

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 elementary, middle school/junior high, and high school levels.³²¹ It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not 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, but this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state does not have a teacher evaluation system for all teachers.

National Board Certification: N/A

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.

Contact Person:

N/A

314 State Board of Education Manual of Rules and Practices R2120.8.9, Vt. Dept. of Educ. 12 (2006), available at <http://education.vermont.gov/documents/2000.pdf>; 7-1 Vt. Code R. § 2:2120.7 (2015).

315 7-1 Vt. Code R. § 2:2120.7 (2015).

316 Vermont Act 77 of 2013

317 7-1 Vt. Code R. § 2:2120.2 (2015).

318 7-1 Vt. Code R. § 2:2120.5 (2015).

319 7-1 Vt. Code R. § 2:2120.5 (2015).

320 State Board of Education Manual of Rules and Practices R2120.2.2, Vt. Dept. of Educ. 4 (2006), available at <http://education.vermont.gov/documents/2000.pdf>.

321 7-1 Vt. Code R. § 13:5440 (2015).