



Instructional Resources to Improve Standards-Based Physical Education

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Physical Education Requirements

Grades K-5 (1003.455):

- 150 minutes of physical education each week
- Needs to be a minimum of 30 consecutive minutes any day physical education instruction is provided
- Physical education requirement is separate from the recess requirement of 100 minutes each week

Physical Education Requirements

- Grades 6-8 (1003.455):
 - one semester of physical education each year while enrolled in grades 6-8
- Grades 9-12 (1003.4282)
 - one credit of physical education with the integration of health

Need for Physical Education Resources

- Statute allows each school principal to determine who provides physical education for grades K-8
- Declining number of teacher education programs for physical education
- Adapted physical education endorsement no longer available as a new certification
- Some districts without content expert to provide professional development for PE teachers

Physical Education Resources

- Partnership with Brevard County Schools to develop integrated physical education and science lessons for grades 4 and 5
- Development of an online, self-paced professional development module on adapted physical education

Science Scores for Grade 5

- In 2018, Florida state average for students scoring at Level 3 or above on the Grade 5 Science FSA was 55%
- 39/73 Florida school districts averaged less than 55% on the Grade 5 Science FSA
- Science and physical education have content that is a natural fit for integration

Integrated PE and Science Lessons

- Partnership with Brevard County Schools to develop integrated physical education and science lessons for grades 4 and 5
- Developed and peer reviewed by a team of science and physical education teachers
- Lessons will follow the 5E Model for science instruction where possible

Integrated PE and Science Lessons

Standards alignment example:

SC.4.P.8.1 – Measure and compare objects and materials based on their physical properties including: mass, shape, volume, color, hardness, texture, odor, taste and attraction to magnets.

PE.4.M.1.7 – Move in different directions to catch objects of different sizes and weights thrown by a stationary partner from varying distances.

Certification in PE and Adapted PE

- As of January 2019, Florida has 18,086 teachers with current certification in physical education
- Only 267 of those teachers hold an endorsement in adapted physical education
- New adapted physical education endorsements are no longer available
- Over 9,000 people passed the PE certification exam since adapted PE endorsement was eliminated

Adapted Physical Education Module

- Online, self-paced professional development module on adapted physical education
- Will allow PE teachers to have content-specific PD to meet the recertification requirement of 20-hours in ESE
- Will include video clips of best practices and instructional strategies

Physical Education Resources

- All physical education resources that are developed in partnership with Title IV-Part A will have the goal to do the following:
 - Improve knowledge and skills of instructional staff
 - Improve student success
 - Provide standards-based resources at no cost to school districts in areas of need

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