

# Physical Education programs— Annual Review for 2018-2019

The following report is generated in response to RCW [28A.230.055](#), Physical Education programs—Annual Review. Data from school districts is collected from both a survey sent out to district leaders and a collection of aggregated data through OSPI's Comprehensive Education Data and Research System (CEDARS), a longitudinal data warehouse of educational data. For this report, 277 school districts (out of 295) reported their data through our survey tool. The report includes data on ten different Physical Education metrics, which are each in bold in the findings section.

## **The number of individual students completing a physical education class during the school year**

In the 2018-19 school year, 200,901 students were registered for a Physical Education class in high school. The table below (table 1) records how many students received credit at the high school level. High school students are required to have 1.5 credits of Physical Education to graduate (WAC 180-52-068).

| Table 1 <b>High School PE credits earned</b> | <b># of students</b> |
|--|----------------------|
| 0 credits earned                             | 12,978               |
| 0 -.9 credits earned                         | 84,964               |
| 1-1.9 credits earned                         | 99,753               |
| 2-2.9 credits earned                         | 3,085                |
| 3-3.9 credits earned                         | 116                  |
| 4 or more credits earned                     | 5                    |

In that same school year, 381,331 students were registered for a Physical Education class in elementary and middle school. OSPI's CEDARS currently cannot calculate every elementary student (and some middle school students) in a Physical Education class since many school districts do not use distinct course codes for Elementary Physical Education. Thus, 381,331 does not represent all of the students enrolled in a Physical Education class in grades K-8 across the state.

## **The average number of minutes per week of physical education received by students in grades one through eight, expressed in appropriate reporting ranges**

State law requires 100 minutes per week of Physical Education instruction in grades 1-8. (WAC 392-410-135). Most districts are not meeting the state requirement for 100 minutes during grades 1-8 (see Table 2).



| Table 2 <b>Minutes per week of Physical Education in Elementary</b> | <b># of school districts</b> |
|---|------------------------------|
| More than 150   | 14                           |
| 121-150   | 19                           |
| 101-120   | 30                           |
| 81-100  | 77                           |
| 61-80   | 48                           |
| 41-60   | 76                           |
| 21-40   | 13                           |
| 0-20  | 2                            |
| Did not offer Physical Education                                    | 1                            |

Most districts reported meeting 100 minutes or more of Physical Education instruction per week within grades 6-8 (see Table 3); middle school students appear to receive far more Physical Education instructional time than their elementary school counterparts. If students receive Physical Education time one semester, and then do not receive Physical Education time another semester, the time indicated is averaged over the entire school year.

| Table 3 <b>Minutes per week of Physical Education in Middle school</b> | <b># of school districts</b> |
|--|------------------------------|
| More than 150  | 100                          |
| 121-150  | 52                           |
| 101-120  | 40                           |
| 81-100   | 30                           |
| 61-80  | 13                           |
| 41-60  | 21                           |
| 21-40  | 5                            |
| 0-20   | 2                            |
| Did not offer Physical Education                                       | 0                            |

(note: not all reporting districts (small districts) have middle school grades 6-8)

**The number of students granted waivers from physical education requirements**

Table 4 (below) tallies the complete number of waivers given from schools across the state in elementary, middle, and high school. State law allows districts to permit students to be 'excused from participation' due to physical disability, employment, or religious belief, or because of participation in directed athletics or military science and tactics or for other good cause. Students excused from participation in Physical Education shall be required to demonstrate proficiency/competency in the knowledge portion of the fitness requirement, in accordance with written district policy. (RCW [28A.230.050](#), WAC 180-51-068)

| Table 4 <b>Grade bands in public school</b>                        | <b># of students waived</b> |
|--|-----------------------------|
| Number of students waived from Physical Education in elementary    | 2,083                       |
| Number of students waived from Physical Education in middle school | 10,681                      |
| Number of students waived from Physical Education in high school   | 9,676                       |

**An indication of whether all physical education classes are taught by instructors who possess a valid health and fitness endorsement**

Currently, OSPI is only able to collect data of Physical Education certification from high schools and most middle schools. Almost 68% of Physical Education classes were taught by a certified teacher with a Health/Fitness endorsement. Most elementary schools do not currently use specific course codes for Physical Education, Arts, Music, etc. which limits data collection from students' classroom teacher in elementary (and some middle schools).

**The physical education class sizes, expressed in appropriate reporting ranges**

When comparing all Physical Education class sizes in high school to all other types of general education class sizes in those high schools (math, ELA, science, etc.), Physical Education class size averaged 1.53x larger (or 153%) to the average of other classes. CEDARS is not able to aggregate the average class size in elementary or middle school.

**The frequency with which physical education is provided to students**

Physical Education can be offered in various frequencies, from every-day to block schedules that allow PE two days one week, and three the next. The current data collection at the district level does not offer a clear idea of how Physical Education time is offered. Also, individual schools within a school districts could have their own schedules and thus, the frequency would vary within the district.

Source: Class frequency codes from Comprehensive Education Data and Research System (CEDARS) [Appendix](#), page 34

**An indication of whether there is sufficient dedicated gym space and sheltered areas to support the minimum amount of physical activity required of students by law or agency rule.**

4% of districts stated that one of more of their high schools lacked enough dedicated area for Physical education (see Table 5). Middle and elementary schools were reported to lack more space, respectively, than high schools from districts. There are no laws or regulations on gym required space for public schools.

| Table 5 <b>Districts that lack space one or more schools</b> | <b>% of school districts</b> |
|--|------------------------------|
| in High Schools  | 4%                           |
| in Middle Schools  | 6%                           |
| in Elementary  | 11%                          |

**An indication of whether the physical education curriculum of the district addresses the Washington state K-12 learning standards**

As required by state law, OSPI develops the state's learning standards ([RCW 28A.150.210](#)) and oversees the assessment of the learning standards ([RCW 28A.655.070](#)) for state and federal accountability purposes. [Physical Education K-12 Learning standards](#) define what all students should know and be able to do at each grade level in a Physical Education class. 70% of districts reporting having an adopted or developed Physical Education curriculum; most of those with curriculum have developed their own (table 6).

| Table 6 <b>Districts with a Physical Education curriculum</b> | <b># of districts (70% of districts reporting having a curriculum)</b> |
|---|--|
| District created/ developed curriculum                        | 125  |
| Focused Fitness Five for Life                                 | 40   |
| SPARK   | 13   |
| EPEC  | 1  |

Of those districts who do not have adopted or developed Physical Education curriculum, these reasons were provided as to not having a curriculum (table 7).

| Table 7 <b>Districts without a Physical Education curriculum</b> | <b># of districts (30% of districts reporting not have a curriculum)</b> |
|--|--|
| Competing district priorities                                    | 30   |
| In the process of adopting or developing                         | 21   |
| Lack of personnel  | 11   |
| Lack of funding  | 9  |

OSPI does not review Physical Education curriculum to determine if it is aligned to [Physical Education K-12 Learning standards](#).

**An indication of whether, as a matter of policy or procedure, the district routinely modifies and adapts its physical education curriculum for students with disabilities.**

Most school districts, 98%, reported that they adapt or modify Physical Education curriculum for students with disabilities.

**An indication of whether the district routinely excludes students from physical education classes for disciplinary reasons**

Most reporting school districts, 97%, report they do not exclude students from Physical Education class due to disciplinary reasons. OSPI released a [Best Practice document](#) to encourage schools and districts to not exclude students from recess, physical activity, Physical Education, or other school events for disciplinary reasons.

**For more information, please contact**

Ken Turner, Ed.D

Program Supervisor, Health and Physical Education

Office of Superintendent of Public Instruction

Olympia, WA 98504

[ken.turner@k12.wa.us](mailto:ken.turner@k12.wa.us)