

PHYSICAL EDUCATION POLICY OVERVIEW

PHYSICAL EDUCATION POLICY

- » Illinois School Code 105 ILCS 5/27-6 **requires** that students receive daily physical education (P.E.) class in both elementary and high school.
- » Chicago Public Schools (CPS) has maintained a state waiver from the high school 11th & 12th grade physical education requirement since 1997. This waiver expires June 2014.
- » The policy ensures CPS compliance with the law and represents the transition from the district's 11th and 12th grade waiver. CPS made a public commitment not to renew the waiver in November 2011.
- » The policy aligns with the CEO's *The Next Generation: Chicago's Children* five year strategic plan to make physical education a core subject.

POLICY HIGHLIGHTS

INSTRUCTION:

- » Developed from standards-based curriculum
- » Shall engage all students in moderate to vigorous physical activity during two thirds of all PE class time (aligns to CPS' Local School Wellness policy)
- » Shall be directed by a qualified Chicago Public Schools physical education teacher

SCHEDULING:

- » Elementary and middle schools shall provide students in Kindergarten-8 grade with 30 minutes of daily PE or the equivalent of 150 minutes per week.
- » Health education can be counted for up to 60 minutes of the weekly requirement in grades 5 and beyond.
- » High Schools shall schedule all students in grades 9-12 in a daily PE or health course in the same time increments as other core courses.

SUPPORT & INFRASTRUCTURE:

- » Schools shall designate safe, clean, and maintained spaces, both indoor and if available outdoor for PE classes.
- » Schools shall strive to provide equipment that supports all students and all aspects of the curriculum for PE classes.
- » CPS physical educators are encouraged to receive a minimum of seven contact hours of professional development specific to physical education each year.

OVERSIGHT & ACCOUNTABILITY:

- » All CPS public elementary and high schools shall develop an action plan that meets the criteria of the policy by July 1, 2014. Implementation will begin in the 2014-2015 school year.
- » The Office of Student Health and Wellness shall oversee school implementation and compliance with this policy. Including support for schools, technical assistance and procedural guidance.

PHYSICAL EDUCATION IN CHICAGO: THE NEED

- » Chicago Public Schools is the third largest school district in the country and is comprised of 400,000 students, approximately 40% of whom are overweight or obese.
- » Illinois has among the strongest requirements for physical education in the country yet the state school code allows districts to apply for waivers to circumvent the mandate for some or all of their students.
- » CPS like many districts across the state and nation has received a waiver that exempts 11th and 12th grade students from physical education (since 1997).
- » As a result, CPS high school students receive roughly two semesters of physical education during their high school career – freshmen receive one semester of physical education and one semester of health while sophomores take

physical education and 10 weeks of driver's education.

- » Juniors and Seniors may elect to take physical education **if** it is offered.
- » At the CPS elementary level (K-8), most schools offer an average of 50-60 minutes of physical education each week.
- » CPS currently falls far below the national standards for physical education - indicating the need for institutional change.
- » Physical education is being re-prioritized at CPS due to the establishment of a new Office of Student Health and Wellness, combined with research demonstrating the impact of physical education on health and academic indicators.
- » The CEO's Next Generation: Chicago's Children, the district's five year strategic plan, recognizes physical education as an integral aspect of core instruction and advocates for high standards, rigorous curriculum and powerful instruction in every classroom.

WHY HIGH QUALITY PHYSICAL EDUCATION?

- » In February 2013, the First Lady launched Let's Move Active Schools in Chicago, which challenges schools across the country to provide 60 minutes of daily physical activity to all students.
- » The Centers for Disease Control and Prevention (CDC) recommend that students receive at least 60 minutes of daily physical activity. This is a top priority of First Lady Michelle Obama.
- » National Association for Sport and Physical Education (NASPE) recommends students receive 150 minutes of high quality physical education per week at the elementary level and 225 minutes per week at the middle and high school levels.
- » Physical education is the cornerstone of a school-based physical activity program.
- » Physical education is the single academic subject that provides standards-based instruction focused on motor skills and movement, physical activity, fitness, personal and social responsibility as well as valuing physical activity for its many benefits. It is through instruction in physical education that students gain the skills, knowledge and confidence to lead a healthy and physically active life.

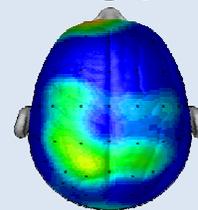
BENEFITS OF PHYSICAL EDUCATION

- » Research illustrates the following benefits to students engaged in high quality physical education:
 - **Improved Brain Function:** Physically active students scored higher in reading comprehension with just 20 minutes of physical activity.
 - **Improved Test Scores:** Active students score higher on standardized test. It's been proven.
 - **Improved Behavior:** Disciplinary action among students and suspensions decreased by 50-60% when PE is offered for 5 days per week.
 - **Improved Health:** Regular physical activity leads to better health, lower incidence of disease and improved mental health.

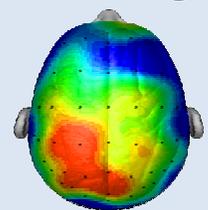
Cognitive Effects of Exercise on Preadolescent Children

Average composite of 20 students' brains taking the same test after 20 minutes of:

Sitting Quietly



Walking



Scan compliments of Dr. Charles Hillman University of Illinois

QUESTIONS?

- » Download the Physical Education Policy Manual through the PE page on the Knowledge Center.
- » Contact the PE Help Desk via email at physicaleducation@cps.edu or call 773-553-3560.
- » Visit the Physical Education page on the Knowledge Center for short webinars, best practices, and communications templates.