

Supports and Resources for Physical Education Vermont Local Wellness Policy Guide

General Strategies/Resources

- [Vermont Agency of Education Physical Education Webpage](#)
- [Health and PE Portrait of a Graduate](#)
- [SHAPE Physical Education Standards](#)
- [Adapted Physical Education National Standards \(APENS\)](#) - A set of 15 national standards representing the content a qualified Adapted Physical Educator must know to provide physical education to students with disabilities.
- [SHAPE America Physical Education Resources](#)
- [Presidential Youth Fitness Program](#)
- [Kaiser Permanente Playbook](#) - Playbook is a useful tool for school leaders and health and physical education teachers. The playbook is focused on the health and well-being of teachers, students, and staff.
- [OPEN PE](#) - Curriculum planning resources that can help PE teachers and students focus on learning outcome due to local outbreaks.
- [Dynamic PE](#) - Dynamic PE guides teachers through the process of creating customized lesson plans with hundreds of instructional activities and teaching hints. Each activity has clear objectives, includes a specified equipment list, and adheres to National Standards.
- [PE Central](#) - PE Central provides lesson plans, assessment ideas, skill and fitness challenges, and a video library that can be used to support remote physical education.
- [BOKS](#): A free research-based physical activity program that empowers school communities to improve their children physically, mentally, and socially through the power of movement.
- Skill-and fitness-enhancing instruction and assessment for lifetime physical literacy based on Vermont and national standards.
- Physical education curriculum is coordinated with other curricular areas.
- Adequate supply of safe physical education equipment and accessible facilities are provided to enable each student to be engaged and practice skills.
- Interruptions to scheduled physical education classes are minimized.
- [National Guidelines for Physical Education and Physical Activity](#)
- [Adapted Physical Education Frequently Asked Questions](#)
- [Physical Education Curriculum Analysis Tool](#)

Flexible Pathways PE Resources/Strategies

- Flexible, high quality academic and experiential learning pathways in physical education shall be equally available to all students.

- [Vermont Agency of Education Flexible Pathways webpage](#)
- [Facilitation Guide: Developing Flexible Pathway Profiles at the Local Level](#)
- [VT Flexible Pathways Profile: A Tool to Evaluate Flexible Pathways at the Local Level](#)
- [Facilitation Guide: Considerations for Student Participation in a Flexible Pathway](#)
- [VT Flexible Pathways Tool: Considerations for Student Participation in a Flexible Pathway](#)
- [Research Review of Flexible Pathway Opportunities](#)

Educator Preparation/Development Strategies/Resources

- Vermont endorsement criteria for license in physical education, can be found on [Vermont Standards Board of Professional Educators webpage](#).
- For physical education professional development, please contact the Vermont Agency of Education's Physical Education Coordinator, Ian Burfoot-Rochford (Ian.Burfoot-Rochford@vermont.gov)