

Physical Education Content Standards Review Committee

Steering Committee Meeting 4



January 30, 2026

Agenda

- Opening
 - Call to Order
 - Roll Call
- Approval of the minutes of the meeting held January 9, 2026
- New Business: Revisions to physical education content standards Domain 3: Health-Enhancing Physical Activity and Fitness and Domain 4: Personal and Social Responsibility
- Small Group Session: Physical education content standards grade band work groups
- Summary Report: Update from the physical education grade band work groups
- Facilitator Report: Next Steps

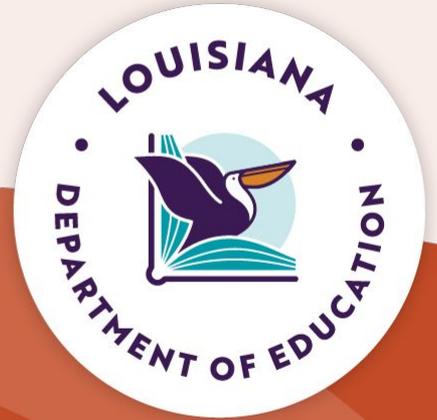


Opening

- Call to Order
- Roll Call



Approval of the minutes of the meeting held January 9, 2026



**New Business:
Revisions to physical education content
standards Domain 3: Health-Enhancing
Physical Activity and Fitness and Domain 4:
Personal and Social Responsibility**



Proposed Revisions to the standards in Domain 3 for kindergarten to 5th grade (Example)

Current Grade Level Expectation	Proposed Standard for Kindergarten and Grade 1
3.K-1.2 Recognize the amount of physical activity within physical education 3.1-1.2 Track the amount of physical activity within the school day	2. Identifies opportunities to increase physical activity throughout the day.

Proposed Revisions to the standards in Domain 3 for Grades 2-5 (Example)

Current Grade Level Expectation	Proposed Standard for Kindergarten and Grade 1
3.2-2.3 Identify activities to improve muscular strength	7. Demonstrates activities to improve muscular strength and endurance.

Proposed Revisions to the standards in Domain 3 for Grades 6-8 (Example)

Current Grade Level Expectation	Proposed Standard for Grades 6-8
<p>3.6-7.1 Describes the differences between active and resting heart rate</p> <p>3.7-7.1 Calculates/Finds pulse and uses the rating of perceived exertion (RPE) for activities of different intensities</p> <p>3.8-7.1 Analyzes the relationship between pulse and RPE for activities of different intensities</p>	<p>10. Monitors and compares heart rate and rate of perceived exertion to understand the intensity of various activities.</p>

Proposed Revisions to the standards in Domain 4 (Examples)

- Grades K-5: Demonstrates an understanding of how appropriate attire, footwear, and equipment support safe participation in physical activities
- Grades 6-8: Identifies signs and symptoms of concussions and other common injuries and explains the importance of reporting them to a responsible adult.
- Grades 9-12: Analyzes risks for concussions and other common injuries, describes proper response and recovery protocols, and demonstrates strategies to prevent injuries during physical activity.

Proposed Addition to the standards in Domain 4

- Grades K-5: Demonstrates an understanding of water safety skills.



Small Group Session: Physical education content standards grade band work groups

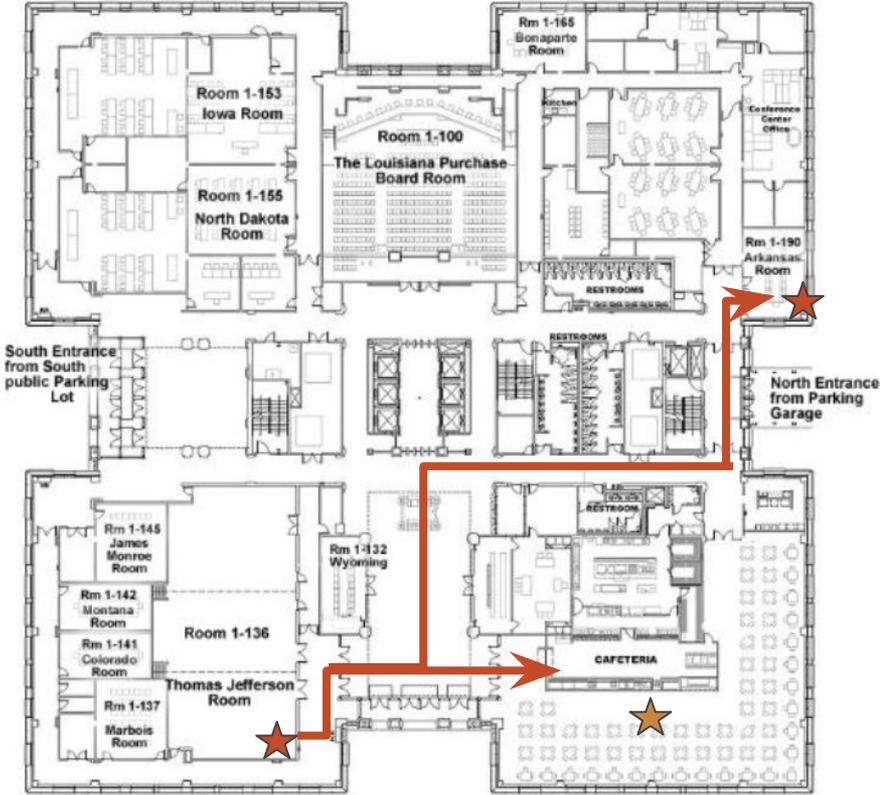


Scope of Meetings

October 29	December 3	January 9	January 30	February 12
Overarching Domains and Domain 1	Domain 2	Domain 3 Domain 4	Domain 5	Review and Endorse the New Standards



Grade Band Work Group Locations



PE Working Group Locations	
K-5	Arkansas 1-190
6-12	Thomas Jefferson A/B 1-136

Summary Report: Update from the physical education content standards grade band work groups



Facilitator Report: Next Steps



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Overarching Domains and Domain 1	Domain 2	Domain 3 Domain 4	Domain 5	Review and Endorse the New Standards



Upcoming Meetings

Meetings are scheduled to convene in the Claiborne Building in Baton Rouge from 9 a.m. until 3 p.m. on the following dates:

Schedule	Date
Meeting 5	February 12, 2026
<i>Meeting 6 (Tentative)</i>	<i>February 25, 2026</i>