

Physical Education Content Standards Review Committee

Steering Committee Meeting 5



February 12, 2026

Agenda

- Opening
 - Call to Order
 - Roll Call
- Approval of the minutes of the meeting held January 30, 2026
- Informational Report: Revisions to the physical education content standards
- Small Group Session: Physical education content standards grade band work groups



Agenda (continued)

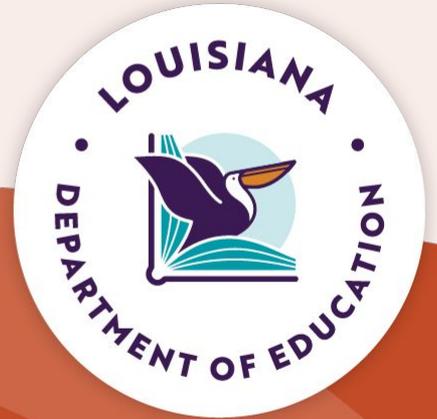
- Summary Report: Update from the physical education grade band work groups
- Old Business
 - Revisions to physical education content standards Domain 3: Health-Enhancing Physical Activity and Fitness
 - Revisions to physical education content standards Domain 4: Personal and Social Responsibility
- New Business: Revisions to physical education content standards Domain 5: Value of Physical Activity
- Facilitator Report: Next Steps

Opening

- Call to Order
- Roll Call



Approval of the minutes of the meeting held January 30, 2026



Informational Report: Revisions to physical education content standards



Proposed Additional Standard for K-1 in Domain 3

Domain 3: Health-Enhancing Physical Activity and Fitness

9. Participates in age-appropriate fitness assessment.

- Introduces in a low-pressure, age-appropriate way
- Establishes familiarity with the purpose and process
- Early engagement reinforces positive fitness habits from a young age

Proposed Update for Standard in 6-8 Grade Band

Standard: “Analyzes the relationship between physical activity levels and ~~mental health~~ personal health and well-being.”

- Currently under Domain 3: Health-Enhancing Physical Activity and Fitness
- Propose moving to Domain 5: Value of Physical Activity

Proposed Update for Standard in 6-8 Grade Band

Domain 3: Health-Enhancing Physical Activity and Fitness	
Proposed Standard	Revised Standard
Demonstrates an understanding of major muscle groups and body systems (respiratory, muscular, and skeletal) and their interactions during physical activity.	Demonstrates an understanding of major muscle groups and body systems (respiratory, muscular, and skeletal) and their interactions during physical activity.

Proposed Update for Standard in 6-8 Grade Band

Domain 4: Personal and Social Responsibility

Proposed Standard	Revised Standard
5. Demonstrates respect and cooperation by accepting individual differences, providing encouragement, and using rules/guidelines to resolve conflicts during physical activity	5. Demonstrates respect and cooperation by encouraging others and following rules/guidelines to resolve conflicts during physical activity.
6. Demonstrates cooperation by participating positively, respecting individual differences, and supporting teamwork and problem-solving in physical activity settings.	6. Demonstrates cooperation by participating positively, respecting differences, and working with others to support teamwork and problem-solving during physical activity.

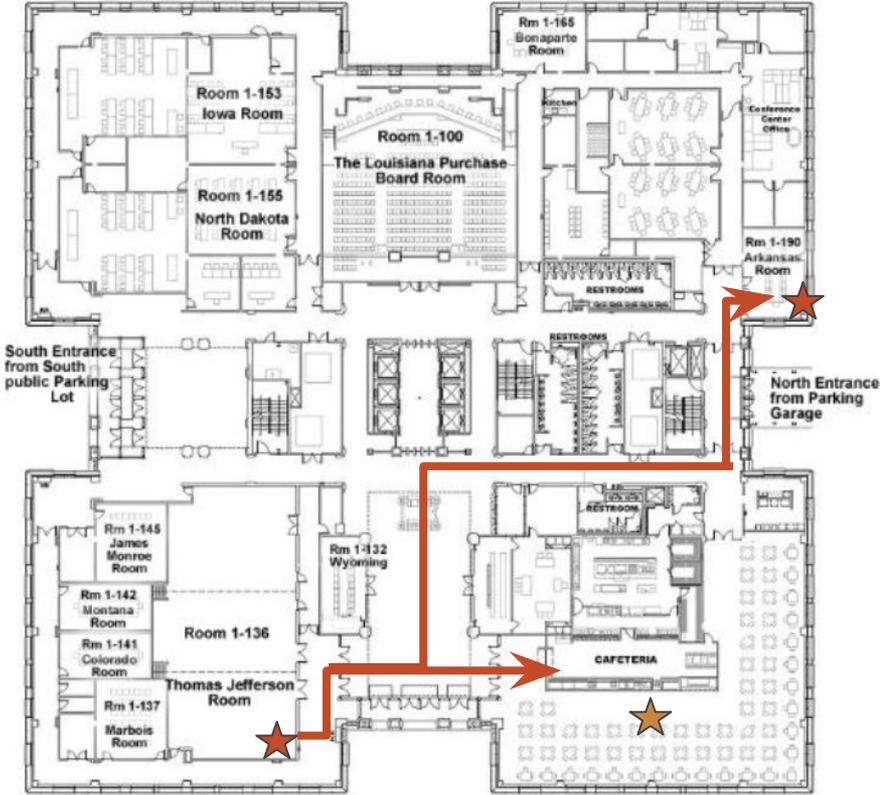
Goals for Revised Standards

1. Develop foundational movement skills that support lifelong physical activity
2. Ensure developmentally appropriate progression and improve vertical alignment
3. Support high-quality instruction by embedding expectations that address the needs of all learners
4. Integrate movement based standards and physical fitness outcomes

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



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



Proposed Update for Standards in Domain 3

Grades 6-8:

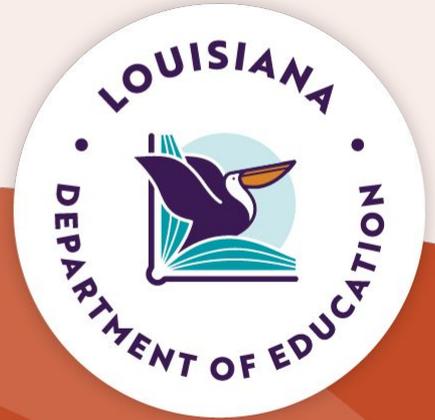
3. Demonstrates an understanding of health-related and skill-related fitness components (~~balance, coordination, reaction time, agility, power, speed~~).
4. Demonstrates an understanding of how the five health-related fitness components (~~cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition~~) impact overall physical health.

Grades 9-12:

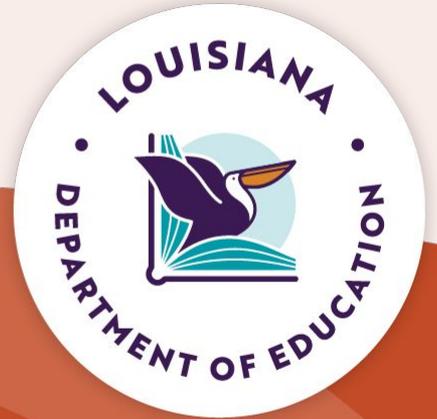
1. Identify and apply health-related fitness principles (~~cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition~~) when participating in at least one team sport and one individual sport.

Old Business:

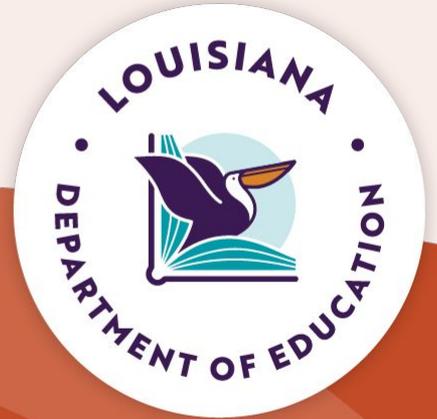
Revisions to physical education content standards Domain 3: Health-Enhancing Physical Activity and Fitness



Old Business: Revisions to physical education content standards Domain 4: Personal and Social Responsibility



New Business: Revisions to physical education content standards Domain 5: Value of Physical Activity



Facilitator Report: Next Steps



Next Steps

Month	Goal
June 2025	K-12 physical education standards vision, process, and timeline submitted to BESE for approval.
June 13 - July 31, 2025	Application period open.
October 2025	Committee member recommendations submitted to BESE for approval.
October 2025 - February 2026	Committee convenings occur.
March 2026	K-12 physical education standards posted for public comment.
June 2026	Standards presented for BESE consideration.

Physical Education Standards Review: Timeline

2025-2026	2026-2027	2027-2028
PE Standards Review and Revision		
	Professional Learning of New Standards	
		Full Implementation



Ongoing Engagement Opportunities

- Teacher Leader Newsletter
- LDOE Weekly Newsletter
- Teacher Leader Summit



Newsletter
Signup



TLS
Registration



Please contact classroomsupporttoolbox@la.gov with questions.

