



**STATE OF SOUTH CAROLINA
DEPARTMENT OF EDUCATION**

**Summary Report of the Implementation of Physical Education and Physical
Activity Minutes for Students in Grades Kindergarten through Five as Required by
the Students Health and Fitness Act of 2005**

School Year 2010–11

**Issued by the
South Carolina Department of Education
Office of Curriculum and Standards**

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Statutory Requirement for the Report

Section 59-10-10 (C) reads:

During each year of implementation of the reduced student to physical education teacher ratio, each district shall report to the State Department of Education by June fifteenth, the number of minutes of physical education instruction and the minutes of additional physical activity students receive daily with a total for the week. The State Department of Education shall provide a summary of this information to the General Assembly by December first of each year of implementation.

Students Health and Fitness Act of 2005 (SHFA) Requirements

- 150 minutes of combined physical education (PE) and physical activity (PA)
 - 60 minutes of designated physical education time
 - 90 minutes of designated physical activity time
- An individual student's fitness status must be reported to his parent or guardian during a student's fifth grade, eighth grade, and high school physical education courses (only elementary schools surveyed in this report).

Participants in the Survey

The South Carolina Department of Education (SCDE) sent out an online survey in spring 2011 requesting data to be returned by June 15, 2011.

The Percent of Schools Submitting Data	
School Year	Survey Return Rate
2006-07	88%
2007-08	91%
2008-09	92%
2009-10	71%
2010-11	66%

Summary of Compliance

Compliance				
Percent of Schools Reporting	2007-08	2008-09	2009-10	2010-11
Compliance with required combined PE/PA time	70%	59%	85%	94%
Compliance with required PE time	72%	62%	57%	52%
Compliance with required PA time	92%	84%	90%	95%
Fitness reports sent to parents	74%	65%	75%	79%

Physical Education Minutes

- A sample size of 2,600 responding teachers in an online survey of over seven thousand teacher responses concluded that fifty-two percent of schools submitting reports meet the requirement for 60 minutes of physical education per week. This shows a continued downward trend in compliance with the Student Health and Fitness act over a four year period.
- Five percent of schools are above 120 minutes (150 minutes is the national recommendation).
- Lower grade levels are less likely to receive the required 60 minutes of physical education.

Physical Activity Minutes

- Ninety-Five percent of the schools meet the requirement for 90 minutes of physical activity per week for students.
- Most of the physical activity time provided students is unstructured.

Combined Physical Education and Physical Activity Time per Week

- Ninety-four percent of schools reported that they meet the requirement for 150 or more minutes of combined physical education and physical activity minutes.
- Reported compliance of the combined total of 150 minutes continues to improve since the enactment of the law.

Types of Physical Activity Provided by Schools

- Recess, walking programs, special events, teacher-led activities and jump rope for heart are the major ways schools meet the physical activity (PA) requirement for students other than physical education.

Top Five Physical Activity Programs Schools Provided for Students By Activity (Percent of Responding Schools Providing Activity)				
Rank	2007–08	2008–09	2009–10	2010–11
1	Recess (64%)	Recess (89%)	Recess (97%)	Recess (99%)
2	Walking clubs (40%)	Physical Ed. Class: (88%)	Walking clubs: (73%)	Physical Ed. Class (98%)
3	Special Events (24%)	Special Events (88%)	Special Events (97%)	Walking Clubs (75%)
4	Video exercises (23%)	Low Organized Games (65%)	Video Exercises (57%)	Special Events (88%)
5	Morning Exercises (16%)	Classroom Activities (64%)	Morning Exercises (40%)	Low Organized Games (72%)

N=445

Opportunities and Challenges as a result of Implementation of the Students Health and Fitness Act of 2005

- Opportunities: Over three-fourths of the reporting schools cited programs devoted to increased physical activity, increased PE/PA time, changes in health awareness and fitness awareness, increased skill development, more opportunity to assess students, and academic benefits of the implementation of the law.
- Challenges: Logistical issues were major changes. Schools cited record keeping, class scheduling and coordination with classroom teachers as major challenges to implementation of the law. Funding was also a primary challenges to implementation.

Top Five Opportunities (Percent of Responding Schools Indicating the Opportunity)			
2008-09	2008-09	2009–10	2010–11
Programs devoted to increased PA (36%)	Programs devoted to increase physical activity (71%)	Programs devoted to increased PA (78%)	Programs devoted to increased PA (93%)
Increased PE /time; students active everyday (24%)	Increased PA time (68%)	Increased PE /PA time; students active everyday (71%)	Increased health/nutrition/fitness awareness (92%)
Increased	Health/fitness awareness	Increased	Increased skill

health/nutrition/fitness awareness (20%)	(72%)	health/nutrition/fitness awareness (83%)	development (85%)
Increased recess (12%)	Public relations (59%)	Increased recess (61%)	Opportunities to assess students (84%)
Increased advocacy (10%)	Increased advocacy (58%)	Increased advocacy (34%)	Academic Benefits (81%)
N=445			

Top Five Challenges (Percent of Responding Schools Providing Indicating the Challenge)			
2007-08	2008-09	2009-10	2010-11
Scheduling issues; not enough time (35%)	Scheduling issues; not enough time 49%	Scheduling issues; not enough time (54%)	Recordkeeping (53%)
Space; facilities (20%)	Funds (42%)	Space; facilities (33%)	Scheduling issues; Not enough time (52%)
Personnel; student-teacher ratio (24%)	Space; facilities (34%)	Personnel; student teacher ratio (8%)	Removing loss of recess as discipline measure (48%)
Time away from academics (12%)	Assessment/ Fitnessgram time (34%)	Time away from academics (21%)	Funds (47%)
Equipment (9%)	Record keeping (26%)	Equipment (27%)	Coordination with classroom teacher (42%)
N=445			

Implementation Components

Most schools are doing what has been recommended to implement the program in terms of implementation components.

- Eighty-four percent have class sizes with a student-teacher ratio of 28 to 1, but six percent have had over 40 students in a class during the year.
- Only five percent of teachers reported a reduction in time in the arts to achieve the required physical activity time.
- Eighty-nine percent of schools have a 600:1 teacher to school ratio.
- Almost all schools report that they implement state standards based instruction for physical education.

Several areas of concern include the following:

- Twenty-two percent continue to withhold recess as punishment for students which is professionally not an approved practice.
- Eighty-seven percent of the physical education teachers have a planning period.
- Thirty-nine percent have more than 3 special needs students in their classes.
- Only fifty-nine percent provided the nutrition component of the health curriculum to students at each grade level.

School Policy Questions for the Implementation of the components of the Students Health and Fitness Act Schools Responding Yes (N=445) School Year 2010-11

Question	Frequency	Percent
Did your student-to-teacher ratio in a physical education class not exceed the average student-to-teacher ratio of 28 to 1?	369	84%

At any time, did the number of students in a PE class exceed 40?	31	7%
With the implementation of decreased students to teacher ratio and increased instruction in physical education, did your school have to replace or reduce time dedicated to instruction in the arts taught by certified arts specialists?	22	5%
Was the student-to-certified-physical-education-teacher ratio in your elementary school no more than 600 to 1?	396	89%
Does your school withhold recess as punishment?	101	22%
Does your school have a certified dance education specialist?	21	5%
Does your school have age-appropriate equipment and facilities to implement the physical education curriculum standards?	424	96%
Did the physical education teachers receive a planning period every day?	386	87%
Did your school have more than 3 special needs students in any PE class?	173	39%
Did your school provide students kindergarten through fifth grade with weekly scheduled physical education throughout the school year?	434	97%
Were all physical education classes based on the South Carolina Academic Standards for Physical Education?	438	99%
Did your school provide in the health curriculum for students in kindergarten through fifth grade a weekly nutrition component	257	59%
<i>N=445</i>		

Non-Reporting Districts

There were 26 districts that did not provide responses. These districts represent 67 schools.

Non-Reporting Districts
Allendale
Anderson 5
Bamberg 1
Barnwell 19
Barnwell 29
Barnwell 45
Calhoun
Chester
Chesterfield
Clarendon 3
Colleton
Dorchester 4
Florence 2
Greenwood 51
Jasper
Lee
Lexington 2
Lexington 3
Marion 1
Marlboro

McCormick
Orangeburg 3
Orangeburg 4
Spartanburg 4
Spartanburg 7
York 2