



Philomath School District 17J

Benton County School District No. 17J, 1620 Applegate Street Philomath OR 97370 (541) 929-3169

Graduate EVERY student and transition each into a job, training, or college.

Division 22 Standards

2022-2023

Physical Education Requirements

OAR 581-022-2263

K-8 Physical Education Instructional Minutes:

HB 3141 (2007) - https://oregon.public.law/statutes/ors_329.496

- K-5 = 150 minutes per week (2022-2023)
- 6-8 = 225 minutes per week (2022-2023)
- 6-8 = 150 minutes per week (2022-2023 Adjusted)

School	Grade(s)	Current Minutes
Blodgett Elementary	K-4	60
Clemens Primary	K-1	60
Philomath Elementary	2-5	80
Philomath Middle	6	90/120
	7-8	210

Core Physical Education Standards:

The physically literate individual:

1. Demonstrates competency in a variety of motor skills and movement patterns.
2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.
3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. Exhibits responsible personal and social behavior that respects self and others.
5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Proposed 2023-2024 Minutes:

School	Grade(s)	Proposed Minutes
Blodgett Elementary	K-4	150
Clemens Primary	K-1	150
Philomath Elementary	2-5	160
Philomath Middle	6	155
	7-8	210

Blodgett Elementary School:

- Students currently participate in PE two days each week for 30 minutes per day. (Other two days of each week are dedicated to Art).
- No PE or Art in Blodgett on Friday (Library instruction provides additional 30 minutes of teacher prep time required for 150 minutes per week as outlined in current CBA).

Minutes Per Week	Activity(ies)
60 minutes	Physical Education Class (2-30 minute sessions each week)
30 Minutes	Everyday Speech
60 Minutes	Philomath Moves!
30 Minutes	Great Gathering

Clemens Primary School:

- Students currently participate in PE two days each week for 30 minutes per day. (Other two days of each week are dedicated to Art).
- No PE or Music at CPS on Friday (Library instruction provides additional 30 minutes of teacher prep time required for 150 minutes per week as outlined in current CBA).

Minutes Per Week	Activity(ies)
60 minutes	Physical Education Class (2-30 minute sessions each week)
30 Minutes	Mindfulness with Ms. Crane
30 Minutes	Philomath Moves!
30 Minutes	Great Gathering

Philomath Elementary School:

- Students currently participate in PE two days each week and on some Fridays.
 - 2nd-5th: 35 minutes per day on two days and every third Friday for 30 minutes, averaging 80 minutes per week. (Other days of each week are dedicated to Music).

Minutes Per Week	Activity(ies)
80 minutes	Physical Education Class (2-35 minute sessions each week) + 30 minutes every third Friday.
30 Minutes	Everyday Speech
10 Minutes	Fantastic Falcons
30 Minutes	Philomath Moves
10 Minutes	Monday Team Time

Philomath Middle School:

- Class periods are 45 minutes in length on M-Th and 30 minutes on Friday.
- With music remaining a priority in Philomath, students in 6th grade Band participate in Music rather than PE each Friday.

6 th Grade Minutes Per Week	Activity(ies)
105 minutes	Physical Education Class (2-45 minute sessions each week) + 30 minutes every other Friday.
50 Minutes	Philomath Moves

7th/8th Grade Minutes Per Week	Activity(ies)
210 Minutes	Physical Education Class (4-45 minute sessions each week) + 30 minutes every Friday.

Philomath Academy (K-8):

- Currently limited access to physical education for majority of student enrolled at PA.
- Pearson is the electronic instructional platform being utilized for the majority of students.

Minutes Per Week	Activity(ies)
80 minutes	Physical Education Class
30 minutes	Everyday Speech
40 minutes	Philomath Moves

Program Definition:

Activity	Core Standard(s)	Definition
PE Class	1, 2, 3, 4, 5	Standard PE classes offered each week in schools.
Philomath Moves!	1, 2, 3, 4, 5	New Concept! New Groove! What is our focus? Skip, Dance, Run, Play a Game... and so much more! Philomath Moves picks a focus for student learning each day/ week. Elevate your heart rate, enhance your endurance, have some fun, and play fair. <ul style="list-style-type: none"> • K-5: Licensed PE specialist and classroom teacher directed. • 6th: Licensed PE specialist directed.
Everyday Speech	4	Social Skills and Social Emotional Learning “An SEL solution for the entire school.” Forty-week digital curriculum to support all students’ social emotional needs. School climate will soar! https://everydayspeech.com/ <ul style="list-style-type: none"> • K-5: Classroom teacher directed.
Mindfulness	4	Social Skills, Social Emotional Learning, and Personal & Social Behavior
Fantastic Falcons	4	Social Skills, Social Emotional Learning, and Personal & Social Behavior
Great Gathering	1, 4, 5	Every Friday is a great day to gather! This half-hour time, held once each week promotes a combination of movement, responsible behavior, and the value of appropriate self-expression and social interaction. <ul style="list-style-type: none"> • K-5: Classroom teacher directed.
Monday Team Time	1, 2, 3, 4, 5	Start your week with a Monday schoolwide video broadcast to begin your week! Start active, centered, and mindful of the week ahead. Activities will vary based on season, mood, and creativity. <ul style="list-style-type: none"> • K-8: Licensed PE specialist directed.