

**Physical Education Standards Writing Committee Report**

**Date: March 6, 2026**

<b>Subject</b>	<b>Information</b>
<b>Completed Meeting Dates</b>	Lead Writers' Meetings January 15, 2026 February 4, 2026  Writing Committee Meetings January 21, 2026
<b>Topics Discussed</b>	<ul style="list-style-type: none"><li>• Review of the Review Committee and Board Recommendations</li><li>• Review of the current Utah State standards and other state and national standards</li><li>• Review of current courses</li><li>• Strand Topics and Narratives</li><li>• Swimming Supplemental Standards writing</li></ul>
<b>Status Update</b>	<ul style="list-style-type: none"><li>• Establishing Strand areas</li><li>• Establishment of targeted skills, knowledge, and competencies for standards and grouping into strands.</li></ul>
<b>Next Steps</b>	<ul style="list-style-type: none"><li>• Lead writers will be meeting with their teams to organize the standards into the strands with vertical alignment</li><li>• Teams will use common language to write the standards.</li><li>• Ensure Review Committee and Board recommendations are incorporated into the standards and strands.</li></ul>

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This draft is for consideration during the March, 13th, 2026 - Committee/Board meeting

Rule/Statute: Standards Revision Process (2023)

<p><b>Upcoming Meeting Dates</b></p>	<p>March 25, 2026 April 15, 2026 May 13, 2026</p>
<p><b>Aquatic Standards and Topics</b></p>	<p>March 25, 2026 Discussion about writing Swim standards.</p> <p>Check for teams’ knowledge and see if additional members are needed to support the writing of supplemental aquatic standards.</p> <p><b>Aquatic Topics:</b> <b><u>To Be Placed in Physical Education Standards</u></b></p> <p>Note: This specific section does <i>not</i> require access to a pool; it focuses on the knowledge and concepts of staying safe.</p> <ul style="list-style-type: none"> <li>• Environmental Awareness: water condition awareness, pool barriers and fencing,</li> <li>• Safety Precautions: wearing flotation devices, looking for water hazards or depths</li> <li>• Safe Behaviors: swimming lessons, supervision, avoiding alcohol and substances in and around water, recognizing when someone is in trouble and calling for help- emergency responses (lines 39-48), <b>CPR training as required by SB 126 (line 49 (B)CPR training described in Section 53G-10-408.) (Grades 9-12)</b></li> <li>• Risk factors: physical fitness, temperature of the air and water, medical conditions, etc.</li> </ul> <p><b><u>Topics for Aquatic Supplemental Standards</u></b> As outlined in <a href="#">SB 126</a> (this may be taken out after legislative session):</p>

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	<p><u>Lifeguard Instructor Training - Age 15</u></p> <ul style="list-style-type: none"> <li>• Lifeguard Certification</li> <li>• Current CPR Certification</li> <li>• Additional supplemental standards</li> </ul> <p><u>Water Safety Instruction Training (Swim Instructor Certification SB 126 Line 82 ) - Age 15</u></p> <ul style="list-style-type: none"> <li>• Certification in Water Safety Instruction (Swim Instruction)</li> <li>• Lifeguard Certification</li> <li>• Current CPR Certification</li> <li>• Additional supplemental standards</li> </ul> <p><u>Swimming Lessons (Swim Instruction - SB 126 Line 72</u></p> <ul style="list-style-type: none"> <li>• Swim instruction that includes lessons at the beginning, intermediate, and advanced levels, including other distinctions of skill and ability:</li> <li>• Enter and exit the water that's over the head</li> <li>• Float or tread water for at least 1 minute</li> <li>• Turn over and around in the water</li> <li>• Swim at least 25 yards</li> <li>• Safely exit the water</li> <li>• Additional Supplemental Standards</li> </ul>
<p><b>Board Member Suggestions</b></p>	<ul style="list-style-type: none"> <li>• Adding Nutrition</li> <li>• Stroke Development</li> <li>• Diving Skills</li> <li>• Water Safety Skills</li> <li>• Elements of Lifeguarding</li> </ul>

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