

STATE OF HAWAII
DEPARTMENT OF EDUCATION
KA 'OIHANA HO'ONA'AUAO
P.O. BOX 2360
HONOLULU, HAWAII 96804

OFFICE OF THE DEPUTY SUPERINTENDENT OF ACADEMICS

October 8, 2026

TO: The Honorable William Arakaki
Chairperson, Student Achievement Committee

FROM: Heidi Armstrong 
Deputy Superintendent of Academics

SUBJECT: Department of Education update on physical education content and performance standards

1. EXECUTIVE SUMMARY

The Hawai'i State Department of Education's (Department) Office of Curriculum and Instructional Design (OCID) has conducted a comprehensive review of the Physical Education (PE) Content and Performance Standards in accordance with the Department's Curriculum Management System process. The purpose of this presentation is to provide the Hawai'i State Board of Education (Board) with updates on the proposed draft Hawai'i PE Standards.

The overarching goal of PE in Hawai'i is to inspire and empower students on their physical literacy journey, equipping them with the knowledge, skills, and confidence to enjoy "A Lifetime of Healthy Activity." This update marks a transition from the 2005 Hawai'i Content and Performance Standards III (HCPS III) for PE K-12 to the updated 2026 draft Hawai'i PE Standards, which are culturally-anchored and align with the current Society of Health and Physical Educators (SHAPE America) National PE Standards and stakeholder input.

The Department respectfully requests that the Board review the [draft Hawai'i PE Standards](#) and consider the Department's future recommendations for approval and statewide implementation.

2. DESCRIPTION

The evolution of Hawai'i's PE standards over the past two decades spans several key milestones:

- September 2005: HCPS III began serving as the statewide framework for PE.
- April 2017: Hawai'i PE workgroup convened to develop alignment crosswalks between HCPS III and the 2013 National PE Standards.
- March 2020: Initial scheduled convening of a Hawai'i PE Standards Review Workgroup was canceled due to the COVID-19 pandemic.
- March 2021: SHAPE America National PE Standards Task Force officially launched the revision process for the national PE standards.
- March 2024: Official release of the 2024 SHAPE America National PE Standards.
- March 2025 through April 2026: Conducted eight full-day in-person working sessions to develop and finalize the draft Hawai'i PE Standards and grade-span learning indicators.
- April 2026: Release of the draft Hawai'i PE Standards.
- May 2026: The Department elicited feedback from internal and external stakeholders on the draft Hawai'i PE Standards. The public feedback opportunity was publicized via departmental communications in the Huddle newsletter and on the Department's public website.
- August 2026: Release of the revised draft Hawai'i PE Standards, incorporating preliminary stakeholder feedback.

Process Timeline

The standards review process is a multi-year collaborative effort structured across three key phases:

- Year 1 (school year 2024-2025): Focused on reviewing current standards, exploring SHAPE America national and other state PE standards, and engaging in collaborative decision-making to determine the draft Hawai'i PE standards.

- Year 2 (school year 2025-2026): Focused on finalizing draft Hawai'i PE standards and grade-span learning indicators, soliciting statewide stakeholder feedback, developing an implementation plan, and exploring resources to support implementation.
- Year 3 (school year 2026-2027): Focuses on securing Department Leadership and Board approval, executing the implementation plan, and providing professional development and resources to support implementation.

Hawai'i Physical Education Standards Review Workgroup

Driven by a strong commitment to broad, statewide representation, the Hawai'i PE standards review workgroup brought together a diverse group of 29 members from across the state's islands. Co-facilitated by the OCID educational specialist and resource teacher for PE, the workgroup engaged in eight full-day, in-person working sessions between March 2025 and April 2026 to research, draft, and refine the updated Hawai'i PE standards. This extensive cross-sector collaboration includes:

- Department state and complex area representation: OCID, Office of Student Support Services, Office of Hawaiian Education, and complex area educational specialists and resource teachers serving as PE points of contact.
- School-level leaders: A school-level administrator and 15 PE teacher leaders, selected through an application process, representing elementary, middle/intermediate, and high schools, from across the state.
- Public health partners: The Hawai'i State Department of Health, through its school health coordinator, bridges education and wellness initiatives.
- Higher education partners: University of Hawai'i at Mānoa kinesiology professors provide academic expertise and research-backed pedagogical alignment.

Notable Changes

The proposed draft of the Hawai'i PE Standards introduces five key updates to modernize PE across the state:

- Learning expectations: Shifts from broad, flexibly interpreted benchmarks to clear grade-span (i.e., K-2, 3-5, 6-8, 9-12) learning indicators utilizing specific action verbs and explicit contextual details. The draft includes 177 K-12 learning indicators in total, compared to 36 under the 2005 HCPS III and 209 in the SHAPE national PE standards.

- Personal and social responsibility: Establishes personal and social responsibility as a dedicated standalone standard to ensure affective domain outcomes - such as safety, etiquette, and social skills - are explicitly addressed in physical activity settings.
- Embedded fitness model: Transitions from treating fitness as an isolated standard to embedding fitness concepts throughout all PE standards.
- Culture-based activities: Anchors each standard in a Hawaiian word (e.g., kuleana) and integrates Native Hawaiian and other cultural physical activities.
- Aquatics integration: Formally incorporates water safety and swimming learning indicators directly across Standards 1, 2, and 3. In-water swimming components are optional rather than required, with most indicators focusing on cognitive understanding, such as recognizing local water hazards and conditions, understanding personal limits, and executing basic emergency responses during aquatic incidents.

Stakeholder Feedback Highlights

The Department gathered feedback from educators, students, and the public to evaluate the clarity, feasibility, and impact of the proposed PE standards:

- Educator feedback (December 2025): Highly praised standard specificity, personal and social responsibility indicators, water safety integration, and Native Hawaiian cultural grounding. Primary barriers noted include a shortage of full-time elementary PE instructors, limited PE instructional time, non-mandatory middle school PE, facility constraints for aquatics, and a desire for objective assessment tools and training, especially for the personal and social responsibility standard and learning indicators.
- Student feedback (April 2026): Showed strong endorsement across grade bands, including:
 - 95.5% of 33 K-2 students projected that they would transfer respectful behaviors and kindness beyond PE class;
 - 95.4% of 171 students in grades 3-5 reported consistently encouraging and supporting their peers;
 - 69.8% of 225 middle schoolers demonstrated readiness to give and receive constructive feedback; and
 - 89.2% of 203 high schoolers responded positively to the idea of connecting physical activity with stress management.

- Public validation (May 2026): 92.6% of 54 public respondents rated the draft standards as “clear” or “very clear.” Top priorities identified were aquatics/water safety (#1 feedback theme), culturally relevant physical activity experiences, and robust resources and teacher professional development.

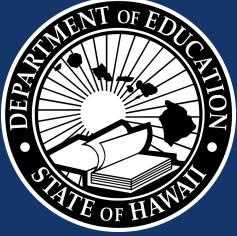
3. PRESENTATION

The Department will present the standards’ history, update process, notable changes, stakeholder engagement findings, and curriculum management alignment.

Thank you for your continued support of public education.

HA:tu
Attachment

c: Office of Curriculum and Instructional Design



HAWAII STATE DEPARTMENT OF EDUCATION

Office of Curriculum and Instructional Design

Department of Education update on physical education content and performance standards

Hawai'i State Board of Education
Student Achievement Committee
October 8, 2026

Dr. Teri Ushijima, Assistant Superintendent, Office of Curriculum and Instructional Design



History: Hawai'i Physical Education Standards

- 2005** ● Board approval of Hawai'i Content Performance Standards
- 2016-17** ● Physical education workgroup (Crosswalk)
- 2020** ● Physical education standards review workgroup (COVID)
- 2024** ● SHAPE national physical education standards released
- 2025-26** ● Physical education standards review workgroup
- April 2026** ● DRAFT Hawai'i physical education standards
- August 2026** ● Revised Hawai'i physical education standards



Physical Education Standards Review Workgroup

Co-Facilitators

State Office

Office of Curriculum and Instructional Design (OCID) Educational Specialist and Resource Teacher

Hawai'i State Department of Education (HIDOE)

State Office

OCID, Office of Student Support Services, Office of Hawaiian Education

Complex Area

PE points of contacts, Educational Specialists, and Resource Teachers

School Level

Administrator, PE Teacher Leader Collaborative - Elementary, Middle, High

Hawai'i State Department of Health

School Health

School Health Coordinator representation, bridging education and wellness initiatives

University of Hawai'i at Mānoa

College of Education

Kinesiology professors providing academic and research-backed pedagogical alignment



Process

YEAR 1

School Year 2024-25

Standards Focus

- Review current standards.
- Explore SHAPE America national and other state physical education standards.
- Collaborative decision making on new state physical education standards and indicators.

YEAR 2

School Year 2025-26

Standards and Plan

- Finalize draft Hawai'i physical education standards and indicators.
- Solicit feedback.
- Develop implementation plan.
- Resource development.

YEAR 3

School Year 2026-27

Standards Adoption

- HIDOE Leadership feedback.
- Board of Education approval.
- Implementation plan.
- Professional development and resources.



Notable Changes

Focus Area	2005 Hawai'i Content and Performance Standards	2026 Hawai'i Physical Education Standards
1. Learning Expectations	Benchmarks are written as broad goals allowing for flexible interpretation.	Learning Indicators use specific action verbs and clear contextual details.
2. Personal and Social Responsibility	Safety and etiquette are integrated within the Cognitive Concepts standard.	Personal and Social Responsibility is now a standard. This ensures the affective domain is addressed in physical activity settings.
3. The Embedded Fitness Model	Standard 4 provides a dedicated focus on fitness as a standard.	Fitness is embedded throughout the standards.
4. Culture-Based Activities	Native Hawaiian culture is not included in the standards.	Each standard is anchored to a Hawaiian word, and activities from Native Hawaiian and other cultures are included in the standards.
5. Aquatics	Water safety and swimming are not included in the standards.	Standards 1, 2 and 3 include learning indicators for water safety and swimming.



Stakeholder Feedback

1. Educators

December 2025 • Initial educator feedback

Top Likes

- Standards specificity.
- Personal and social responsibility indicators.
- Inclusion of water safety.
- Integration of Hawaiian culture.

Key Barriers

- Lack of highly qualified full time PE instructors at elementary schools.
- Skill gaps from limited PE instructional time, especially in elementary schools.
- Middle school PE is not required.
- Objective assessment of personal and social responsibility.
- Lack of facilities to teach water safety.

2. Students

April 2026 • Student Response Insights

KULEANA | Personal and Social

Strong support for respect, communication, teamwork, and conflict resolution.

OLA | Active Lifestyle

Positive connection established between physical movement and emotional health.

Key Feedback Metrics

K–2: 95.5% of 33 students

Respect and kindness beyond PE.

3–5: 95.4% of 171 students

Encourage and support peers.

6–8: 69.8% of 225 students

Give and receive constructive feedback.

9–12: 89.2% of 203 students

Connect physical activity with stress management.

3. Public

May 2026 • Final Draft Validation

92.6%

Overall Clarity

of 54 respondents rated standards "clear" or "very clear"

Consensus and Priorities

Aquatics and Safety: Emerged as the #1 theme and statewide priority.

Culture Focus: Strong support for culturally relevant physical activity experiences.

Professional Learning: Call for clear guidance, resources, and professional development.



Physical Education Learning Indicators by Grade Span

Grade Span	<u>HCPS III</u>	<u>Draft Hawai'i</u>	<u>SHAPE National</u>
K - 2	8	45	49
3 - 5	10	51	56
6 - 8	10	44	61
9 - 12	8	37	43
Total:	36	177	209



PE Learning Indicators: 2005 vs. 2026 Standards

2005 Hawai'i Content and Performance Standards for PE

PE.K-2.1.3

Use basic manipulative skills in initial (immature) form alone, with a partner, and in small groups.

2026 Hawai'i Physical Education Standards

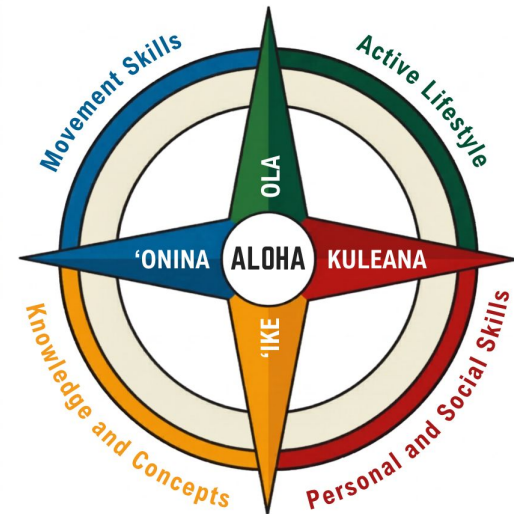
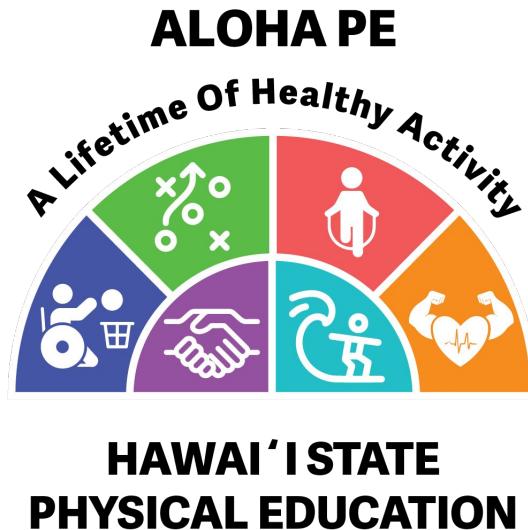
**Note: All 2026 indicators below are demonstrated in a variety of non-dynamic practice tasks.*

- 1.2.9** Demonstrates rolling or sliding an object (e.g., 'Ulu Maika, Moa Pahe'e).
- 1.2.10** Demonstrates throwing.
- 1.2.11** Demonstrates catching various objects.
- 1.2.12** Demonstrates kicking a ball.
- 1.2.13** Demonstrates bouncing a ball.
- 1.2.14** Demonstrates dribbling with feet.
- 1.2.15** Demonstrates striking with hands.
- 1.2.16** Demonstrates striking with a short-handled implement.



Goal of Physical Education in Hawai'i

To inspire and empower students on their physical literacy journey, equipping them with the knowledge, skills, and confidence to enjoy A Lifetime of Healthy Activity ([ALOHA](#)).





What Support Can the Board Provide?

1

Review the Department's draft
Hawai'i Physical Education Standards

[Draft Hawai'i Physical Education Standards](#)

2

Consider the Department's future
recommendations regarding the draft
Hawai'i Physical Education Standards