

Oklahoma State Board of Education Members,

I am writing a letter of support for the recently revised Oklahoma Academic Standards for Health Education and Physical Education (PreK-12). I see the value in promoting and maintaining healthy lifestyle choices through health education for students. Quality physical education and health programming is instrumental in addressing the health and well-being of Oklahoma children.

To develop “physically literate” children, it is of the upmost importance Oklahoma update current Health and Physical Education standards that support the development of physical education and health, as well as the promotion of lifelong physical activity. As you may be aware, the last revision for Oklahoma physical education standards took place in 2016. The newly revised standards accommodate several shifts including:

- Greater emphasis on specific content-based objectives for the topics of nutrition, physical activity, mental health, substance abuse, coping skills, and responsible decision making (SB 89).
- Greater emphasis on connections between physical and mental well-being (HB 1568: Maria’s Law).

The standards and grade level outcomes in the revised Oklahoma Academic Standards for Health and Physical Education provide the foundation necessary to move Oklahoma forward in developing healthy students. Thank you for your time and consideration. Please let me know if you have any questions.

Sincerely,



Carrie Slatton-Hodges, MS, LPC  
Commissioner

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