

2016 Shape of the Nation

Status of Physical Education in the USA



SHAPE OF THE NATION™

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SHAPE OF THE NATION™

EXECUTIVE Summary

Active kids learn better, but the benefits don't end there. Physical education programs teach children lifelong skills to keep them healthy. Physical education addresses the needs of the whole child by helping children exercise both their bodies and their minds, with a positive impact on their physical, mental, and emotional health. Studies show that active and fit children consistently outperform less active, unfit students academically in both the short and the long term. They also demonstrate better classroom behavior, greater ability to focus, and lower rates of absenteeism.

Voices for Healthy Kids, a joint initiative of the American Heart Association and Robert Wood Johnson Foundation, and SHAPE America – Society of Health and Physical Educators, are pleased to present the 2016 update to the *Shape of the Nation™* on the state of physical education and physical activity in the American education system. This report is designed to inform physical education policies and practices that improve student health and well-being.

As our nation strives for school-age children to achieve the recommended 60 minutes of daily physical activity, all schools need to commit to making evidence-based physical education the cornerstone of their comprehensive school physical activity program. Physical education programs are a meaningful contributor to the development of healthy, active children and provide the safe, supervised, structured environment children need to learn and practice physically active behaviors.

An ongoing challenge is the diversity of state education legislative and regulatory activity and the resulting variety in policies and implementation approaches. Standards differ widely from state to state and many state policies are broad, leaving implementation details open to interpretation at the local level. Overall, the 2016 *Shape of the Nation* shows striking differences among states. A summary of the state profiles is included below with “states” referring to all 50 states plus the District of Columbia.

- Only Oregon and the District of Columbia meet the national recommendations for weekly time in physical education at both elementary and middle school levels.
- Few states set any minimum amount of time that elementary (19), middle school/junior high (15), and high school (6) students must participate in physical education.
- Just 15 states have additional funding available for physical education programs.

The majority of states do have some basic requirements for physical education programs and those who teach physical education classes:

- Nearly all states (50) have set standards for physical education programs.
- Many states require physical education teachers to meet state professional requirements as well, but it varies by school level—elementary (35), middle school/junior high (43) and high school (48).
- Most states require students to participate in physical education during elementary school (39), middle school/junior high (37) and high school (44).
- More than half of state policies (28) require a type of student assessment.

However, most states also allow waivers, exemptions, and substitutions for physical education, undermining the requirements above:

- Many states (31) allow other activities as substitutions for physical education credit and more than half of state policies (30) allow student exemptions from physical education class time or credit.
- A few states (15) allow school districts to apply for a waiver from the state physical education requirements.

Unfortunately, many states also allow physical activity to be withheld or used as a punishment:

- Only a handful of states (10) prohibit withholding physical activity as punishment.
- Just a few states (13) states prohibit using physical activity as a form of punishment.

Since children from diverse backgrounds spend more than half their waking hours in school, schools can provide equal opportunities for movement to all students, regardless of their zip code. Heart disease and type 2 diabetes have a greater impact on communities of color, and longstanding socio economic challenges leave many schools without the resources to provide physical education classes. The benefits of improving school physical education curricula are realized across racial, ethnic, and socioeconomic groups, among boys and girls, elementary and high-school students, and in urban and rural settings.

Kids shouldn't miss out on the benefits of physical education just because of special needs either. National recommendations include individualized plans for students with disabilities and emphasize that physical education is focused on both physical activity and health education. Limiting access to physical education for specific students has consequences in the day-to-day academic environment and for their long term well-being.

The current reality is that 32 percent of children and adolescents (ages 2-19) are overweight or obese, and most are too sedentary, do not meet physical activity recommendations, and are not offered sufficient physical education. In addition, the median physical education budget for schools in the United States is only \$764 per school, per school year. This is a very low investment in a program

that has been proven to be valuable for our children's wellness and academic success.

The conclusion is as clear as the chime of a school bell: while effective physical education and physical activity programs are essential in the formative growth of children and adolescents, there is a large disparity in state requirements and implementation, affecting children's ability to engage in and benefit from these programs. Physical education improves student wellness and academic outcomes, develops life skills that shape the whole person, encourages smart choices and cultivates a healthful lifestyle. In addition to being a win-win for students and educators, physical education and physical activity in schools may be the best hope for the shape of our nation.

EXERCISE THEIR MINDS™. PROTECT PE.

Learn how you can help protect physical education.

[**VoicesforHealthyKids.org/PE**](https://VoicesforHealthyKids.org/PE)

50 MILLION STRONG: HEALTHY AND ACTIVE!

Empower all children through effective health and physical education programs.

[**shapeamerica.org/50millionstrong**](https://shapeamerica.org/50millionstrong)

ABOUT THIS REPORT

Since 1987, the National Association for Sport and Physical Education (NASPE) – now known as SHAPE America – Society of Health and Physical Educators – has compiled the *Shape of the Nation™* report on a periodic basis to measure physical education policies in the American education system.

As with the 2012 *Shape of the Nation* report, SHAPE America¹ collaborated with Voices for Healthy Kids, a joint initiative of the American Heart Association and Robert Wood Johnson Foundation² to collect and assimilate these data and to provide additional supporting information. These organizations work together to support physical education and physical activity in schools and to advocate at the federal and state levels. This 2016 edition of the report includes an additional layer of information: identification of statutes and regulations relating to select physical education concepts in each US state and the District of Columbia, conducted by the Public Health Law Center.

The information in this 2016 edition of the *Shape of the Nation* will help further illuminate and promote the need for effective physical education and physical activity policies as well as provide data for ongoing evaluation and assessment of progress. Advocates, media, and public health and education professionals can use this information in their efforts to promote, expand, and improve physical education and physical activity programs in schools.

This project was funded through the support of the professional members and leaders of SHAPE America, and by Voices for Healthy Kids. This report may be downloaded free of charge at www.shapeamerica.org/shapeofthenation.

PURPOSE AND SCOPE

The purpose of this *Shape of the Nation* report is to provide an update of our nation's progress in implementing robust practices for physical education, physical activity, and related areas in each of the 50 states and the District of Columbia.

Topics covered in the report include:

Physical Education

- Time Requirements
- High School Graduation Requirements

National Standards for K-12 Physical Education

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Source: SHAPE America. *National standards and grade-level outcomes for K-12 physical education*. Reston, VA: SHAPE America; 2014.

1 SHAPE America is the nation's largest membership organization of health and physical education professionals, a preeminent national authority on physical education, and a recognized leader in sport and physical activity.

2 Voices for Healthy Kids is a joint initiative of the American Heart Association and Robert Wood Johnson Foundation working to help all children achieve a healthy weight.

- Exemptions, Waivers and Substitutions
- Standards, Curriculum, and Funding
- Equipment and Facilities
- Class Size
- Student Assessment and Accountability
- Physical Education Teacher Certification/Licensure and Professional Development
- Teacher Evaluation
- National Board Certification in Physical Education
- State Physical Education Coordinator Requirements

Physical Activity and Related Areas

- Physical Activity (such as Recess and Classroom Physical Activity Breaks) – The survey did not include Safe Routes to School/Active Transportation or sports intramurals which are additional physical activity opportunities for children.
- Local School Wellness Policy
- Body Mass Index (BMI) Collection

These topics were examined through two approaches: a state survey of department of education physical education supervisors and a legal search and analysis of state physical education statutes and regulations. These approaches are described in more detail in the Methodology section. This report is based on analysis of the resulting data sets to examine state policies in the areas listed above. It is important to note that because of limitations in the legal search, the information in the report charts and the bulk of content in the state profiles corresponds to information reported in the state surveys.

No federal law requires minimum standards for physical education in American schools, and there are no federal directives to states or schools to offer physical education programs. Therefore, an ongoing challenge of such a report is the diversity of state education legislative and regulatory activity and the resulting policies and implementation approaches, which makes it difficult to assess and compare each state. Standards differ widely from state to state. Many state policies are broad and leave implementation details open to interpretation at the local level, where districts may simply meet or go beyond minimum standards. Other state policies are more detailed and specific. With this in mind, the *Shape of the Nation* survey was limited to categories of information that could be measured across most states.

In addition to the challenges identified above, some states, such as Vermont, are moving away from the traditional measures assessed in this report and moving towards time-independent, proficiency-based learning systems. Proficiency may be demonstrated through a number of pathways aside from or in addition to traditional physical education. Similarly, Maine will move to proficiency-based diploma standards in 2017 and students will be required to demonstrate proficiency in meeting the state's physical education standards. For certain survey questions, some states were not able to select a response that accurately reflected the status of their state's requirements and practices regarding physical education. This may falsely infer the lack of a policy or standard in a given area, though in reality one may exist but was not captured with the legal search's protocol. Future iterations of this report will continue to evolve in order to provide a more complete picture of states' policies and practices.

Despite all the variables, the *Shape of the Nation* report reveals one truth with absolute clarity: in every state, efforts are underway to promote effective, evidence-based physical education and to improve students' physical activity habits and overall health. This report illustrates states' commendable efforts in this regard and testifies to the opportunities that lie ahead.

STATE SURVEYS

During the winter of 2015-2016 SHAPE America asked physical education coordinators in all 50 state education agencies and the District of Columbia (which is treated as a state in this report) to complete a detailed online questionnaire about K-12 physical education and physical activity requirements and practices in their states. Follow-up email messages and phone calls achieved complete response by all 51 entities. The data were reviewed and compiled into individual state profiles and summary charts.

LEGAL ANALYSIS

The Public Health Law Center (PHLC) identified state statutes and regulations that would help provide context for the results of the state surveys, specifically relating to physical education requirements. An existing resource, the *State School Health Policy Matrix 2.0*,³ which included policies existing through June 2013, was used. The search extended only to statutes and regulations; it did not extend to other policies identified in the resource (such as board of education policies/manuals) that were not codified in law.

In addition to the statutes and regulations identified in the *State School Health Policy Matrix 2.0*, in August 2015, the PHLC completed a search of the legal database Westlaw Next with the term “physical education.” The PHLC then compared the results to each state’s survey responses.

In developing the state profiles, reconciling the state survey results with the legal search results was handled in different ways:

- If the survey response was not consistent with the results of the PHLC search, the state profile indicates what information was reported in the state survey and what information is specified in the state law, with a legal citation provided for the latter.
- If the legal search results were consistent with and/or expounded on the state survey response, the additional information from the legal search results is included in the state profile with a corresponding legal citation.
- If a survey result reported in a state profile does not have a legal citation, no legal support was found from the protocol identified above. Given the limitations of the legal search protocol, this should not be construed to mean that there is not legal support for the policy or practice identified in the state profile. The review of statutes and regulations did not extend beyond the “physical education” search, and therefore other areas included in the survey (such as recess and classroom-based physical activity) were not included in the legal analysis.

3 National Association of Chronic Disease Directors, National Association of State Boards of Education, American Alliance for Health, Physical Education, Recreation, and Dance. *State school health policy matrix 2.0*. 2014. Available at <http://www.shapeamerica.org/advocacy/upload/final-state-school-health-policy-matrix.pdf>. Accessed March 14, 2016.

SHAPE America and Voices for Healthy Kids are committed to empowering all children to achieve healthy and active lives through participation in regular physical education and physical activity programs in the school setting.

There is an important difference between physical activity and physical education. *Physical activity* is bodily movement of any type and may include recreational, fitness, or sport activities such as walking, jumping rope, playing basketball or soccer, or lifting weights. It can also include daily activities such as walking to the store, taking the stairs, or raking leaves. *Physical education* is a planned, sequential K-12 standards-based program with written curricula and appropriate instruction designed to develop the motor skills, knowledge, and behaviors of active living, physical fitness, sportsmanship, self-efficacy, and emotional intelligence. An essential part of the total educational curriculum, these formalized courses are taught by certified/licensed physical educators and focus on the skills and knowledge needed to establish and sustain an active lifestyle. Physical activity is neither an equivalent to nor substitute for physical education — both contribute meaningfully to the development of healthy, active children.⁴

Physical education offered within public schools can provide access to physical activity for all students regardless of race, ethnicity, socioeconomic status, gender, or urban/suburban/rural setting.⁵ However, school districts must be committed to offering effective, daily physical education. The current reality is that most US children do not receive the recommended amount of moderate to vigorous physical activity,⁶ and physical education curriculum standards, teacher credentials, and fitness assessment vary across states and school districts.⁷ Some research has shown that states with more racial diversity and with a higher percentage of low socioeconomic status schools are more likely to enact strong physical education laws addressing time, teaching credentials, and curriculum standards^{8,9} while schools with predominantly white students are more likely to have daily recess.¹⁰

Benefits of Physical Education and Physical Activity

Why is this so important? Evidenced-based, effective physical education increases students' physical activity in a safe, supervised, structured environment and imparts the knowledge and skills they need to cultivate physically active lifestyles.¹¹ A broad body of evidence indicates that regular physical activity promotes children and adolescents' growth and development while conferring benefits to their physical, mental, and cognitive health.^{12,13}

Regular physical activity and physical fitness can play a significant role in promoting health and preventing chronic illnesses among adults, such as heart disease, cancer, type 2 diabetes, and osteoporosis. Compared to kids who are inactive, physically active kids have improved cardiorespiratory and muscular fitness. Kids' physical activity is also linked to better bone health and muscular fitness, and physical activity promotes a healthier body weight and body composition.¹⁴

The link between physical activity and maintaining a healthy body weight is especially important given that the prevalence of childhood obesity has more than doubled in children and tripled in adolescents since the late 1970s.¹⁵ Obesity prevalence rates were stable between 2003-2004 and 2013-2014, but overall numbers remain high: 32 percent of children and adolescents (ages 2-19) are overweight or obese^{16,17}

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- 4 Society of Health and Physical Educators (SHAPE America). *National standards and grade-level outcomes for K-12 physical education*. Reston, VA: SHAPE America; 2014.
- 5 McKenzie T, Sallis, JF, Rosengard, P. Beyond the stucco tower: Design, development, and dissemination of the SPARK physical education programs. *Quest*. 2009;61:114-127.
- 6 Troiano, R., Berrigan, D., Dodd, K., et al., 2008. Physical activity in the United States measured by accelerometer. *Med. Sci. Sports Exerc.* 40, 181–188.
- 7 Monnat SM, Lounsbery MAF, Smith NJ. Correlates of state enactment of elementary school physical education laws. *Preventive Medicine*. 2014;69(S5-S11).
- 8 Monnat SM, Lounsbery MAF, Smith NJ. Correlates of state enactment of elementary school physical education laws. *Preventive Medicine*. 2014;69(S5-S11).
- 9 Taber DR, Chriqui JF, Perna FM, Powell LM, Slater SJ. Association between state physical education (PE) requirements and PE participation, physical activity, and body mass index change. *Preventive Medicine*. 2013;57(5):629-633.
- 10 Slater SJ, Nicholson L, Chriqui J, Turner L, Chaloupka F. The impact of state laws and district policies on physical education and recess practices in a nationally representative sample of US public elementary schools. *Archives of Pediatrics and Adolescent Medicine*. 2012;166(4):311-316.
- 11 Institute of Medicine. *Educating the student body: Taking physical activity and physical education to school*. Washington, DC: National Academies Press; 2013.
- 12 U.S. Department of Health and Human Services. (2008). 2008 Physical activity guidelines for Americans. Washington, DC.
- 13 Institute of Medicine. *Educating the student body: Taking physical activity and physical education to school*. Washington, DC: National Academies Press; 2013.
- 14 U.S. Department of Health and Human Services. (2008). 2008 Physical activity guidelines for Americans. Washington, DC. <http://health.gov/paguidelines/guidelines/chapter3.aspx>.
- 15 Fryar CD, Carroll MD, Ogden CL. Prevalence of obesity among children and adolescents: United States, trends 1963–1965 through 2009–2010 (Health e-Stat). Hyattsville, MD: National Center for Health Statistics; 2012. Available http://www.cdc.gov/nchs/data/hestat/obesity_child_09_10/obesity_child_09_10.pdf.
- 16 Ogden CL, Carroll MD, Fryar CD, Flegal KM. Prevalence of obesity among adults and youth: United States, 2011–2014. NCHS data brief, no 219. Hyattsville, MD: National Center for Health Statistics. 2015.
- 17 Ogden CL, Carroll MD, Kit BK and Flegal KM. Prevalence of childhood and adult obesity in the United States, 2011-2012. *JAMA: the journal of the American Medical Association*. 2014;311:806-14.

and obesity prevalence increases with age: 8.4 percent, 17.7 percent, and 20.5 percent of 2-5, 6-11, and 12-19 year-olds, respectively, are obese.¹⁸ State prevalence of adult obesity ranges from 20-25 percent to >35 percent.¹⁹ In addition to its inherent health risks, obesity is also a military readiness issue. Nearly 1 in 4 Americans ages 17-24 are unable to serve in the military because of excess weight.²⁰

Physical activity can also support children's mental and cognitive health. Being active on a regular basis can reduce symptoms of anxiety and depression,²¹ and is related to improved self-esteem, greater social interaction among peers, and being more goal-oriented.²² Recess has also been associated with better student classroom behavior, better focus, and less fidgeting.^{23,24,25} Furthermore, children learn how to make decisions, cooperate, compete constructively, assume leader/follower roles, and resolve conflicts by interacting in play. It is counterproductive to withhold recess as punishment or to punish students by replacing it with classroom activities.²⁶

A growing body of evidence suggests a relationship between physical activity and the structure and functioning of the brain. Time spent in physical activity is related to enriched cognitive development and lifelong brain health. In the school setting, active and fit children consistently outperform more inactive, unfit counterparts academically in both the short and the long term.²⁷ Children who are more active demonstrate higher scholastic achievement, better classroom behavior, greater ability to focus, and less absenteeism compared to their unfit peers.^{28,29,30,31,32} Overall, increased time in physical education appears to have a positive relationship with academic achievement.³³ According to the Institute of Medicine, "the benefits of additional time dedicated to physical education and other physical activity opportunities before, during, and after school outweigh the benefits of exclusive utilization of school time for academic learning."³⁴

A small study demonstrated a positive impact of physical education on fitness and academic achievement in African American elementary and middle school students.³⁵ Some studies have shown a greater impact of physical education on fitness levels in girls^{36,37,38} than in boys, but this is not consistent.³⁹ Gender differences need to be recognized, addressed in professional development for physical education teachers, and incorporated into teaching plans to enhance students' participation.⁴⁰ Public disclosure requirements may improve adherence to mandated physical education policies.⁴¹

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- 18 Ogden CL, Carroll MD, Fryar CD, Flegal KM. Prevalence of obesity among adults and youth: United States, 2011–2014. NCHS data brief, no 219. Hyattsville, MD: National Center for Health Statistics. 2015.
 - 19 Centers for Disease Control and Prevention. *Obesity prevalence maps*. Atlanta, GA: U.S. Centers for Disease Control and Prevention; 2015. Available at <http://www.cdc.gov/obesity/data/prevalence-maps.html>.
 - 20 Mission Readiness. *Retreat is not an option*. Washington, DC: Mission Readiness; 2014. Available at: <http://missionreadiness.s3.amazonaws.com/wp-content/uploads/MR-NAT-Retreat-Not-an-Option2.pdf>.
 - 21 U.S. Department of Health and Human Services. (2008). 2008 Physical activity guidelines for Americans. Washington, DC.
 - 22 Institute of Medicine. *Educating the student body: Taking physical activity and physical education to school*. Washington, DC: National Academies Press; 2013.
 - 23 Pellegrini, A. D., P. D. Huberty, and I. Jones. 1995. The effects of recess timing on children's playground and classroom behaviors. *American Educational Research Journal* 32(4):845-864.
 - 24 Jarrett, O. S., D. M. Maxwell, C. Dickerson, P. Hoge, G. Davies, and A. Yetley. 1998. Impact of recess on classroom behavior: Group effects and individual differences. *Journal of Educational Research* 92(2):121-126
 - 25 Barros, R. M., E. J. Silver, and R. E. K. Stein. 2009. School recess and group classroom behavior. *Pediatrics* 123(2):431-436.
 - 26 Institute of Medicine. *Educating the student body: Taking physical activity and physical education to school*. Washington, DC: The National Academies Press; 2013.
 - 27 Institute of Medicine. *Educating the student body: Taking physical activity and physical education to school*. Washington, DC: National Academies Press; 2013.
 - 28 Shore SM, Sachs ML, Lidicker JR, et al. Decreased scholastic achievement in overweight middle school students. *Obesity* 2008; 16(7):1535–1538.
 - 29 Geier AB, Foster GB, Womble LG, et al. The relationship between relative weight and school attendance. *Obesity* 2007; 15(8):2157-2161.
 - 30 Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: Centers for Disease Control and Prevention; 2010.
 - 31 Roberts CK, Freed B, McCarthy WJ. Low aerobic fitness and obesity are associated with lower standardized test scores in children. *The Journal of Pediatrics* 2010; 156:711-8, 718 e1.
 - 32 Van Dusen DP, Kelder SH, Kohl HW, et al. Associations of physical fitness and academic performance among schoolchildren. *The Journal of School Health* 2011; 81:733-40.
 - 33 U.S. Centers for Disease Control and Prevention. (2010). *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: U.S. Department of Health and Human Services. 2010.
 - 34 Institute of Medicine. *Educating the student body: Taking physical activity and physical education to school*. Washington, DC: National Academies Press; 2013. (page 187)
 - 35 Reed JA, Maslow AL, Long S, Hughey M. Examining the impact of 45 minutes of daily physical education on cognitive ability, fitness performance, and body composition of African American youth. *Journal of Physical Activity and Health*. 2013;10(2):185-197.
 - 36 Taber DR, Chriqui JF, Perna FM, Powell LM, Slater SJ. Association between state physical education (PE) requirements and PE participation, physical activity, and body mass index change. *Preventive Medicine*. 2013;57(5):629-633.
 - 37 Kim J. Are physical education-related state policies and schools' physical education requirement related to children's physical activity and obesity? *Journal of School Health*. 2012;82(6):268-276.
 - 38 Alderman BL, Benham-Deal T, Beighle A, Erwin HE, Olson RL. Physical education's contribution to daily physical activity among middle school youth. *Pediatric Exercise Science*. 2012;24(4):634-648.
 - 39 Smith NF, MAF Lounsbury, McKenzie TL. Physical activity in high school physical education: impact of lesson context and class gender composition. *Journal of Physical Activity and Health*. 2014;11(1):127-135.
 - 40 Shen B. Gender differences in the relationship between teacher autonomy and motivation in physical education. *Sex Roles*. 2015;72(3-4):163-172.
 - 41 Thompson HR, Vittinghoff E, Linchey JK, Madsen KA. Public disclosure to improve physical education in an urban school district: results from a 2-year quasi-experimental study. *Journal of School Health*. 2015;85(9):604-610.

The benefits of improving the school physical education curricula are realized across racial, ethnic, and socioeconomic groups, among boys and girls, elementary and high-school students, and in urban and rural settings.^{42,43,44} However, school districts must be committed to offering effective, daily physical education. Much more research is needed to better understand the role of physical education in addressing health disparities in vulnerable populations, in addressing the drop-off in physical activity typically seen in adolescent girls, creating impactful physical activity opportunities for students with disabilities, and narrowing the academic achievement gap in children of color and in children from lower socioeconomic backgrounds. Addressing these questions is essential for framing policy, programmatic, and curricular solutions that achieve evidence-driven, effective physical education and physical activity in our nation's schools.

Recommendations for Physical Education and Physical Activity

SHAPE America and the American Heart Association support the U.S. Department of Health and Human Service's recommendation that children and adolescents (ages 6-17) do 60 minutes or more of daily physical activity, most of which should be aerobic activity. Muscle-strengthening and bone-strengthening activities, which are important given that the greatest gains in bone mass occur during the years surrounding puberty, should be included at least three days of the week.⁴⁵

Children and adolescents should engage in a variety of activities that are fun and appropriate for their age, including unstructured play during recess. Running around counts as both aerobic and bone-strengthening activity. Climbing a tree or navigating playground equipment such as monkey bars increases muscle strength by lifting and moving a child's own body weight or working against resistance.⁴⁶

Physical activity is cumulative and bouts of as little as 10 minutes count toward the 60-minute goal. Children tend to be active intermittently, alternating moderate or vigorous activity with brief periods of rest. This is true even as children grow into adolescence. Older kids can play more organized games, including sports, sustaining longer periods of activity.

In support of these recommendations for American children and adolescents, SHAPE America, the American Heart Association, and a number of other national health organizations recommend that schools provide 150 minutes per week of instructional physical education for elementary school children, and 225 minutes per week for middle and high school students throughout the school year.^{47,48}

Current Status of Physical Education and Physical Activity

Physical Activity and Physical Education Participation by Children and Adolescents

Many children in the US are too sedentary,⁴⁹ do not meet physical activity recommendations,⁵⁰ and are not offered sufficient physical education.⁵¹

- 42 percent of children (ages 6-11) and 8 percent of adolescents (ages 12-19) engaged in the recommended 60 minutes of physical activity most days of the week in a 2008 study.
- 25 percent of children and adolescents (ages 12-15) met recommended levels of daily physical activity in 2012.

42 Centers for Disease Control and Prevention. Increasing physical activity: a report on recommendations of the Task Force on Community Preventive Services. MMWR Recomm Rep. 2001;50(RR-18):1-14.

43 Task Force on Community Preventive Services. Guide to community preventive services. Promoting physical activity. Available at <http://www.thecommunityguide.org/pa/index.html>.

44 Kahn EB, Ramsey LT, Brownson RC, et al. The effectiveness of interventions to increase physical activity: a systematic review. Am J Prev Med. 2002;22(4 Suppl):73-107.

45 U.S. Department of Health and Human Services. (2008). 2008 Physical activity guidelines for Americans. Washington, DC.

46 U.S. Department of Health and Human Services. (2008). 2008 Physical activity guidelines for Americans. Washington, DC.

47 SHAPE America. <http://www.shapeamerica.org/standards/guidelines/peguidelines.cfm>. *Physical Education Standards*. Reston, VA: SHAPE America. Available at <http://www.shapeamerica.org/standards/guidelines/peguidelines.cfm>.<http://www.aahperd.org/naspe/publications/teachingTools/PAvsPE.CFM>. Accessed August 28, 2012.

48 American Heart Association. *Physical education in public schools* (fact sheet). Washington, DC: American Heart Association Advocacy Department. Available at http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_474319.pdf.

49 Lou, D. *Sedentary behaviors and youth: Current trends and the impact on health*. San Diego, CA: Active Living Research; 2014. Available at www.activelivingresearch.org.

50 U.S. Government Accountability Office. *K-12 Education: School-based physical education and sports programs*. GAO report 12-350. Washington, DC: GAO; 2012.

51 U.S. Department of Health and Human Resources. *Strategies to increase physical activity among Youth: Physical Activity Guidelines for Americans: Midcourse report*. Washington, DC: HHS; 2012. Available at <http://health.gov/paguidelines/midcourse/>.

The 2013 Youth Risk Behavior Survey (conducted among students in grades 9-12)⁵⁴ indicated:

- 27 percent of students were physically active at least 60 minutes per day on all seven days before the survey.
- 48 percent of students attended physical education classes on one or more days in an average week when they were in school.
- 29 percent of students attended physical education classes on all five days in an average week when they were in school.
- 33 percent of students watched television three or more hours per day on an average school day.
- 41 percent of students used computers (for non-school work activities) or played computer or video games three or more hours per day on an average school day.

Parent, Teacher, and Expert Group Support for Physical Education

- The American Heart Association, SHAPE America, the American Academy of Pediatrics, the U.S. Department of Health and Human Services (HHS), the U.S. Department of Education, the President's Council on Physical Fitness and Sport, and the Centers for Disease Control and Prevention (CDC) all support the need for physical activity for youth and for effective physical education in schools.⁵⁵
- A 2009 survey reported that 31 percent of physical education teachers perceive increased interest and support from parents regarding students' physical activity in the three previous years; and 27 percent perceive increased interest/support from parents regarding students' physical education.⁵⁶
- 92 percent of parents of elementary students and 87 percent of parents of middle and high school students supported requirements for physical education in a 2013 survey.⁵⁷
- 54-84 percent of parents believe that physical education is at least as important as other academic subjects, with the percentage varying depending on the subject being compared.⁵⁸
- 76 percent of parents think that more school physical education could help control or prevent childhood obesity.⁵⁹
- 91 percent of parents feel that there should be more physical education in schools, particularly for addressing obesity.⁶⁰

52 Troiano RP, Berrigan D, Dodd KW, et al. Physical activity in the United States measured by accelerometer. *Med Sci Sports Exerc.* 2008; 40(1): 181-8.)

53 Fakhouri THI, Hughes JP, Burt VL, et al. Physical activity in U.S. youth aged 12–15 years, 2012. NCHS data brief, no 141. Hyattsville, MD: National Center for Health Statistics; 2014. Available at <http://www.cdc.gov/nchs/data/databriefs/db141.pdf>.

54 Kann L, Kinchen, S, Shanklin, SL, et al. Youth Risk Behavior Surveillance - United States 2013. *MMWR Surveill Summ* 2014; 63(Suppl 4).

55 Le Masurier, G. and Corbin, B. Top 10 reasons for quality physical education. *The Journal of Physical Education, Recreation & Dance*, 77(6). Reston, VA: American Alliance for Health, Physical Education, Recreation and Dance; 2006.

56 National Association for Sport and Physical Education. Physical education trends in our nation's schools: A survey of practicing K-12 physical education teachers. Port Washington, NY: Roslow Research Group; 2009.

57 KidsHealth in the Classroom. *Parents and Teachers Want More Health, PE Classes*. 2013. Available at: http://kidshealth.org/parent/kh_misc/health-pe-survey.html#.

58 National Association for Sport and Physical Education. Parents' views of children's health & fitness: A summary of results. Reston, VA: Author; 2003.

59 National Association for Sport and Physical Education. Parents' views of children's health & fitness: A summary of results. Reston, VA: Author; 2003.

60 Harvard School of Public Health. Obesity as a public health issue: A look at solutions. Boston; 2003.

Expenditures on Physical Education

The median physical education budget for schools in the United States is \$764 per school year (\$460 for elementary, \$900 for middle, and \$1,370 for high schools).⁶¹

- 60 percent of physical education teachers report an annual budget of under \$1,000.⁶²
- 15 percent of physical education teachers report an annual budget of \$2,000 or more.⁶³
- 64 percent cite “school budget” for physical education program funding, followed by school district budget (38 percent), Parent Teacher Association/Parent Teacher Organization (34 percent), and grant programs (28 percent).⁶⁴

The Role of Schools in Providing Physical Education and Physical Activity

Schools offer an ideal setting for teaching children the value of physical activity and for providing supervised, structured environments for them to practice physically active behaviors through evidence-based physical education. Though children and adolescents fall short of physical activity recommendations they are most active in the school environment,⁶⁵ suggesting that schools are critical for promoting physical activity and instilling healthy habits. Because children from diverse backgrounds congregate and spend more than half their waking hours in school,⁶⁶ this setting can provide equal opportunities for movement to all students.

A Comprehensive School Physical Activity Program (CSPAP; Figure 1) has been recognized as the new national framework for physical education and physical activity for young people.⁶⁷ A CSPAP is a multi-component approach in which school districts and schools use opportunities for students to be physically active throughout the school day, at all grade levels, in order to meet the national physical activity recommendation. A CSPAP reflects strong coordination and synergy across all of its five components: physical education as the foundation, physical activity during school (such as active recess and classroom physical activity breaks), physical activity before and after school, staff involvement, and family and community engagement.



61 National Association for Sport and Physical Education. Physical education trends in our nation’s schools: A survey of practicing K-12 physical education teachers. Reston, VA: NASPE; 2009. Available at <http://www.shapeamerica.org/publications/resources/teachingtools/qualitytype/upload/PE-Trends-Report.pdf>

62 National Association for Sport and Physical Education. Physical education trends in our nation’s schools: A survey of practicing K-12 physical education teachers. Reston, VA: NASPE; 2009. Available at <http://www.shapeamerica.org/publications/resources/teachingtools/qualitytype/upload/PE-Trends-Report.pdf>

63 National Association for Sport and Physical Education. Physical education trends in our nation’s schools: A survey of practicing K-12 physical education teachers. Reston, VA: NASPE; 2009. Available at <http://www.shapeamerica.org/publications/resources/teachingtools/qualitytype/upload/PE-Trends-Report.pdf>

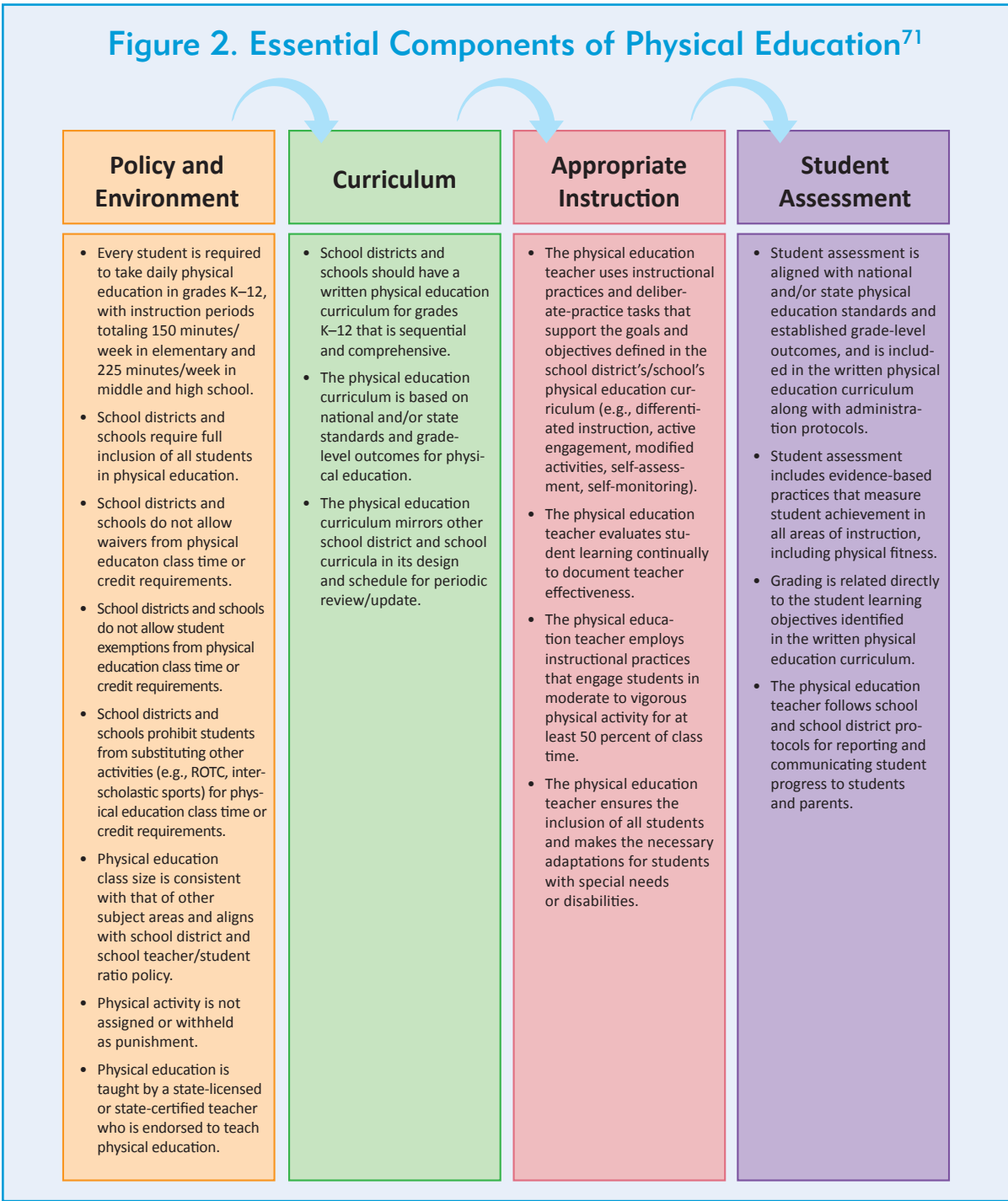
64 National Association for Sport and Physical Education. Physical education trends in our nation’s schools: A survey of practicing K-12 physical education teachers. Reston, VA: NASPE; 2009. Available at <http://www.shapeamerica.org/publications/resources/teachingtools/qualitytype/upload/PE-Trends-Report.pdf>

65 Carlson J, Schipperijn J, Kerr J, et al. Locations of physical activity as assessed by GPS in young adolescents. *Pediatrics* 2016. Available at <http://pediatrics.aappublications.org/content/early/2015/12/07/peds.2015-2430> .

66 Institute of Medicine. *Educating the student body: Taking physical activity and physical education to school*. Washington, DC: National Academies Press; 2013.

67 Centers for Disease Control and Prevention. National framework for physical activity and physical education. Atlanta, GA: U.S. Department of Health and Human Services; 2014.

As the heart of a CSPAP, a regular, required physical education period assures a consistent and accessible way for all students to get at least a portion of the recommended daily physical activity.⁶⁸ But effective physical education with its essential components⁶⁹ (Figure 2) goes far beyond that role. More than just getting kids moving once a day, physical education helps children and adolescents develop and demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness, while exhibiting personal responsibility and social behavior that respects self and others.⁷⁰



68 Le Masurier, G. and Corbin, B. (2006). Top 10 reasons for quality physical education. *The Journal of Physical Education, Recreation & Dance*, 77(6). Reston, VA: American Alliance for Health, Physical Education, Recreation and Dance.

69 SHAPE America. *The essential components of physical education*. Reston, VA: SHAPE America; 2015. Available at <http://www.shapeamerica.org/upload/TheEssentialComponentsOfPhysicalEducation.pdf>.

70 Society of Health and Physical Educators (SHAPE America). *National standards and grade-level outcomes for K-12 physical education*. Reston, VA: SHAPE America; 2014.

71 SHAPE America. *The essential components of physical education*. Reston, VA: SHAPE America; 2015. Available at <http://www.shapeamerica.org/upload/TheEssentialComponentsOfPhysicalEducation.pdf>.

The goal of physical education is to develop physically literate individuals (Box 1) who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

Research shows a link between physical education and present and future physical activity participation.⁷² One possible reason for this link is that youth participate in physical activities if they have skills that enable them to participate.⁷³ Through the instruction and constructive feedback that students receive from a certified physical education teacher, they learn motor skills such as running, jumping, throwing, and catching.

The focus of physical education is evolving to provide a curriculum that stresses performance, personal challenges, and exposure to a variety of sport and fitness activities for students of all athletic abilities.⁷⁴ Schools are required to make physical education accessible to all students, providing adapted physical education as necessary.⁷⁵ This more balanced approach makes physical education a better experience for the less athletic student and dramatically expands the skills that each participant gains: social, cooperative, and problem-solving competencies; hands-on experience in making self-assessments; planning personal programs; setting goals; self-monitoring (through keeping physical activity diaries or logs); and decision making.⁷⁶

Unfortunately, many students and school districts across the country have not realized the benefits of physical education as a result of widespread funding cuts for these programs. But in December 2015, the President signed the Every Student Succeeds Act (ESSA), a bipartisan bill which replaced No Child Left Behind and provides federal funding and the framework for elementary and secondary education in the United States. ESSA makes physical education eligible for funding opportunities under the well-rounded education designation, as well as additional state block grant funding opportunities. Federal funding can help increase access to and improve physical education and provides an opportunity for state and local advocates to work together with Local Education Agencies (LEAs) to take advantage of these new federal funding streams to promote effective physical education. More information about the ESSA is provided in Appendix B.

Physical activity and effective physical education are essential elements in the formative growth of children and adolescents as well as an evidence-based approach to improving academics and benefiting students' physical, cognitive, and mental health. Physical education creates a framework of life skills that shape the whole person, encouraging smart choices and cultivating a healthful lifestyle. In addition to being a win-win for students and educators, physical education and physical activity in schools may be the best hope for the shape of our nation.

Box 1. National Standards for K-12 Physical Education

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Source: SHAPE America. *National standards and grade-level outcomes for K-12 physical education*. Reston, VA: Shape America; 2014.

72 Le Masurier, G. and Corbin, B. (2006). Top 10 reasons for quality physical education. *The Journal of Physical Education, Recreation & Dance*, 77(6). Reston, VA: American Alliance for Health, Physical Education, Recreation and Dance.

73 Le Masurier, G. and Corbin, B. (2006). Top 10 reasons for quality physical education. *The Journal of Physical Education, Recreation & Dance*, 77(6). Reston, VA: American Alliance for Health, Physical Education, Recreation and Dance.

74 Burgeson, C. R. (2004). Physical education's critical role in educating the whole child & reducing childhood obesity. *The State Education Standard*, 5, no. 2: 27–32. Arlington, VA: National Association of State Boards of Education (NASBE).

75 Joint policy position of the American Cancer Society Cancer Action Network, American Diabetes Association, and American Heart Association: Increasing and Improving Physical Education and Physical Activity in Schools: Benefits for Children's Health and Educational Outcomes, 2015.

76 Le Masurier, G. and Corbin, B. (2006). Top 10 reasons for quality physical education. *The Journal of Physical Education, Recreation & Dance*, 77(6). Reston, VA: American Alliance for Health, Physical Education, Recreation and Dance.

For school-age kids to achieve at least 60 minutes of daily physical activity, SHAPE America and the American Heart Association recommend that schools across the country make evidence-based physical education the cornerstone of a comprehensive school physical activity program that also includes health education, elementary school recess, classroom physical activity breaks, after-school physical activity clubs and intramurals, high school interscholastic athletics, walk and bike to school programs, and staff wellness programs. It is important that physical activity opportunities are designed to include all students. In addition, parents must be proactive advocates for effective physical education and school physical activity policies.

Specific recommendations for school physical education and physical activity include:

Standards and Curriculum

- Require states to adopt physical education standards that are aligned with [national physical education standards](#) (see Box 1) and are systematically reviewed and updated.
- Require all school districts to develop and implement a planned, K-12 sequential physical education curriculum that adheres to national (see Box 1) and state standards for physical education and includes a comprehensive student assessment program.
- Physical education teachers should coordinate the physical activity initiatives that are integrated throughout the school day. Teachers should assign physical education homework to extend time spent in physical activity and improve knowledge gain.

Accountability

- States should require LEAs and schools to complete comprehensive self-assessments of their physical education program and physical activity offerings using the CDC School Health Index⁷⁷ at regular intervals consistent with state and district assessment. The results of the assessment should be integrated into the LEA or school's long-term strategic planning, School Improvement Plan, and/or school wellness policy, to address the quality and quantity of physical education offered.³¹
- As part of this assessment, schools should report the following:
 - How many students are taking physical education
 - How many days per year students are taking physical education
 - How many total minutes of physical activity per week
 - How many class periods per week of physical education
 - Whether the school and/or district has adopted metrics for assessing their physical education program
 - Whether there are requirements for fitness, cognitive, and affective assessment in physical education that are based on student improvement and knowledge gain
 - Implementation of the Presidential Youth Fitness Program and FITNESSGRAM®
 - How many of the district's physical education teachers are licensed, certified, and endorsed to teach physical education; show plans for ensuring all physical education teachers get these credentials, and show progress for meeting these teaching quality goals.
- States should require LEAs and schools to report the findings of their self-assessment and fitness testing to the appropriate state agency in an aggregate manner and to parents and members of the community through typical communication channels such as websites, school newsletters, school board reports, and presentations. Schools and LEAs should also review the aggregate fitness test results with the self-assessment of the programs they are offering in order to determine if additional or improved programming is needed.

77 Centers for Disease Control and Prevention. School health index. Atlanta, GA: U.S. Centers for Disease Control and Prevention; 2015. Available at <http://www.cdc.gov/healthyschools/shi/index.htm>. Accessed March 14, 2016.

Licensed/Certified Teachers and Professional Development

- Require all physical education teachers to be certified, licensed, and endorsed to teach physical education and provide funding to school districts to assure their physical education teachers receive adequate professional development specific to their field on an annual basis, especially school districts serving at-risk students and minority populations. Encourage LEAs to take advantage of ESSA Title II professional development funding for physical education.
- Integrate public health into professional development, educating members of the profession on their role within the public health model.
- Require teachers to keep current on emerging technologies, model programs, and improved teaching methods.

Recommended Time for Physical Education and Physical Activity

- Require at least 150 minutes per week of physical education in elementary schools and at least 225 minutes per week in middle schools and high schools. Achieve best practice of students being moderately-to-vigorously physically active for at least 50 percent of physical education class time.
- Supplement physical education time with other physical activity opportunities to facilitate school-age children accumulating at least 60 minutes of total physical activity before, during and after school and avoiding prolonged periods of inactivity.⁵
- Require physical education credit(s) for graduation from high school with appropriate accommodations and considerations for children with disabilities and medical conditions.

Adequate Resources for Physical Education

- Hire physical education coordinators at the state and local level to provide resources and offer support to school districts across the state.
- Assure that physical education programs have appropriate equipment, adequate facilities and appropriate student-teacher ratios; research demonstrates that increasing access to human and material resources during class enhances the opportunity for students to engage in the recommended amount and intensity of physical activity.
- Establish dedicated funding for technical assistance and dedicated equipment and facilities improvement grant opportunities to improve physical education programs in high-need schools.
- Support full funding of Title IV, Part A at the authorized levels provided in ESSA so schools can access meaningful grant money that can be used toward physical education. Educate and work with LEAs and districts to ensure that physical education is part of their Title I planning.

Waivers/Exemptions/Substitutions

- Do not allow waivers from state-mandated requirements for physical education.
- Do not allow substitutions of other activities (i.e. interscholastic sports, Junior Reserve Officer Training, marching band, cheerleading, etc.) for required physical education class time or credit.
- Do not allow states, school districts, schools, teachers, and coaches to assign or withhold physical activity as punishment.
- Do not allow exemptions for students with disabilities, but rather allow modifications or adaptations that allow physical education courses to meet the needs of students with disabilities and comply with the Americans with Disabilities Act and the Individuals with Disabilities Education Act.
- Do not allow students to opt out of physical education to prepare for other classes or standardized tests.

OVERVIEW OF 2016 SURVEY RESULTS

This section summarizes findings from the surveys of physical education coordinators in all 50 state education agencies and the District of Columbia (referred to as a state for the purposes of this report). While the survey had a 100 percent response rate, not every survey question was answered by or applicable to every state. Therefore, the survey findings are reported as a percentage of the states that responded to a given question.

Three-quarters or more of states require students to take physical education in one or more grades during elementary, middle school/junior high, and high school. However, a majority do not require a specific amount of instructional time and more than half allow exemptions or substitution. These loopholes can lead to reduced effectiveness of the physical education requirements.

Another factor that can lead to differential impact on physical education is local control of education. Some states establish standards or guidelines for curriculum but allow local districts to make decisions regarding class time and student assessment. This variability can result in diverse patterns of delivery for physical education within states. Thus, many states can measure their progress only against their own past performance and not a standard benchmark.

Grade-Level and Time Requirements

The majority of states require that schools must provide and that students must take physical education during elementary, middle school/junior high, and high school.

Elementary School

Elementary schools are required to provide physical education in 86.3 percent of states (44 of 51 states). Just above three-quarters (76.5 percent, 39 of 51 states) require students to take physical education in one or more elementary school grades (K-5). This is a slight decrease from prior surveys (43 of 51 states in both 2010 and 2012). Of states that require elementary schools to provide physical education, 87.2 percent (34 of 39 states) require students to take physical education classes in kindergarten.

Only 37.3 percent (19 of 51 states) of states require a specific number of minutes per week (or other time duration, such as hours per year) that elementary students must participate in physical education. Nonetheless, this is a slight improvement from 31.4 percent of states (16 of 51 states) with a minimum time requirement in 2012. Five states (Alabama, Florida, Louisiana, New Jersey, and Oregon) plus the District of Columbia require the nationally-recommended 150 minutes per week. In addition, Mississippi requires 150 minutes per week of “activity-based instruction” in grades K-8. This is an increase from the three states (Florida, Louisiana, and New Jersey) that had a 150 minute per week requirement in 2012.

Middle School/Junior High

Middle and junior high schools are required to provide physical education in 80.4 percent of states (41 of 51 states). Almost three-quarters (72.5 percent, 37 of 51 states) require students to take physical education in one or more middle school/junior high grades (6-8). This is a slight decrease from prior surveys (41 of 51 states in 2012; 40 of 51 in 2010).

Less than one-third (29.4 percent, 15 of 51 states) require a specific number of minutes per week (or other time duration, such as minutes per year) that middle school/junior high students must participate in physical education. Two states (Montana and Oregon) plus the District of Columbia require the nationally-recommended 225 minutes per week. This is the same result as in 2012 (Montana, West Virginia, and Utah).

High School

High schools are required to provide physical education in 90.2 percent (46 of 51) of states. More than three-quarters (86.3 percent, 44 of 51) of states require students to take physical education in one or more high school grades and/or require students to earn physical education credit for graduation.

Specifically, 39 of 51 (76.5 percent) states require students to earn physical education credit for high school graduation. About half (19 of 37 states) require 1.0 credit, another quarter (9) require 0.5 credits, and the rest require 1.5 (5 states) or 2.0 (4 states) credits for graduation. Among the states that require physical education credit for graduation, 31 of 50 states allow required physical education credits to be earned through online physical education courses. Online physical education courses, if designed and implemented appropriately, may serve as an appropriate method of instruction for students who are unable to be in school-based settings, such as students located in remote geographical areas, students with special needs, or working students. Online physical education courses may be particularly advantageous for schools that lack certified teachers or have inadequate facilities and equipment.

Only 6 of 50 (12.0 percent) of states require a specific number of minutes per week (or other time duration, such as minutes per 10 school days) that high school students must participate in physical education at one or more grade levels. California and Hawaii come close to the nationally-recommended 225 minutes per week, with 400 minutes per 10 school days (grades 7-12) and 200 minutes per week (grade 9), respectively.

Students required to take physical education	Number of states in 2016	Percentage in 2016 (of 51 states)	Number of states in 2012	Percentage in 2012 (of 51 states)	Number of states in 2010	Percentage in 2010 (of 51 states)
Elementary	39	76.5	43	84.3	43	84.3
Junior High	37	72.5	41	80.4	40	78.4
High School	44	86.3	44	86.3	46	90.2

*High schools are counted in the 2016 column of this table if they require students to take physical education in any grades 9-12 and/or require students to earn physical education credit for graduation.

Required minutes of physical education per week, elementary students (based on 16* responses)	
0-29 minutes	0 states
30-59 minutes	1 state**
60-89 minutes	5 states
90-119 minutes	3 states
120-149 minutes	1 states
150 minutes or more	6 states

*California and Georgia are not included in this table because their physical education requirement is in minutes per 10 school days (California – 200 minutes per 10 school days) and hours per year (Georgia – 90 hours per year), thus a weekly time range could not be definitively determined. Rhode Island is not included because its requirement (average of 100 minutes per week) is a combination of physical education and health education.

** Hawaii requires elementary students in grades K-3 to take 45 minutes of physical education per week, and students in grades 4-5 to take 107 minutes of physical education per week. In this table, the state is counted only in the row for 30-59 minutes per week.

Required minutes of physical education per week, middle school/junior high students (based on 11* responses)	
0-44 minutes	0 states
45-89 minutes	3 states
90-134 minutes	2 states
135-179 minutes	3 states
180-224 minutes	0 states
225 minutes or more	3 states

*California, Missouri, and West Virginia are not included in this table because their physical education requirement is in minutes per 10 school days (California – 200 minutes per 10 school days), minutes per year (Missouri – 3,000 minutes per year), and one semester (West Virginia – daily for one semester), thus a weekly time range could not be definitively determined. Rhode Island is not included because its requirement (average of 100 minutes per week) is a combination of physical education and health education.

Required minutes of physical education per week, high school students (based on 4* responses)	
0-44 minutes	0 states
45-89 minutes	1 state
90-134 minutes	1 state
135-179 minutes	1 state
180-224 minutes	1 state
225 minutes or more	0 states

*California is not included in this table because its physical education requirement is in minutes per 10 school days (400 minutes per 10 school days), thus a weekly time range could not be definitively determined. Rhode Island is not included because its requirement (average of 100 minutes per week) is a combination of physical education and health education.

Funding and Equipment

Only one of 51 states, South Carolina, annually assesses the availability of both appropriate equipment and adequate facilities for students to engage in required physical education instruction. Oregon annually assesses facilities required to provide physical education.

Regarding funding for physical education programs in school districts and schools, more than half of states (58.3 percent, 28 of 48 states) received general education funding, 14 (29.2 percent) received school district appropriations, and one state (Colorado) received a special appropriation. The other five states (10.4 percent) received another type of funding. Additionally, 15 of 49 (30.6 percent) of states reported that additional funding, such as competitive grant awards, was available for physical education programs.

Substitutions, Exemptions, and Waivers¹

More than half of states (62.0 percent, 31 of 50) permit school districts or schools to allow students to substitute other activities for their required physical education credit. Among those states, commonly permitted substitutions include Junior Reserve Officer Training Corps (18 states), interscholastic sports (20), marching band (15), cheerleading (13), and community sports (6). Other permitted substitutions include drill team and dance team, for example.

Less than a third of all states (29.4 percent, 15 of 51) allow schools or school districts to apply for a waiver from the state physical education requirements—these may or may not always be the same states that allow exemptions and substitutions. It is more common for states to permit schools or school districts to allow students to apply for an exemption from participation in physical education class time or required physical education credit; 60.0 percent (30 of 50 states) allow such exemptions. The most common reason for granting an exemption is for medical purposes, reported by 23 states. Other reasons include Advanced Placement classes or other academic courses, teaching assistant/work study, or holding religious beliefs that may be opposed to the physical education curriculum or attire.

Some states reported exemptions for students with disabilities who cannot fully participate in the regular physical education program, with corresponding adapted physical education provided as an alternative. This is physical education instruction which has been adapted or modified so that it is appropriate for a student with a disability, and it is required to be provided according to the federal Individuals with Disabilities Education Act. States and school districts are required to provide the appropriate adapted physical education services, delivered by an adapted physical education instructor, to these students. Therefore, true physical education class time or credit exemptions should not be allowed for students with disabilities, and providing adapted physical education should not be classified as an exemption from physical education.

1 The state survey defined these terms as follows: Waivers - In many states, school districts or schools may apply for a waiver from state-mandated physical education policy, requirement or law. When a waiver is granted, the school district or school no longer is required to provide students with state-mandated physical education class time or credit. Exemptions - School districts and schools sometimes allow students to be exempted from physical education class time or credit, even if physical education credit is required for graduation. Instead of completing physical education courses and required credits, exempted students may participate in other academic courses or activities such as advanced placement courses. School districts and schools also sometimes allow exemptions from physical education class time or credit due to medical illness or disability. Substitutions - Some school districts and schools allow students to substitute other activities (e.g., JROTC, interscholastic sports, community sports, cheer leading, marching band) for physical education class time or credit.

	<i>Number of states in 2016</i>	<i>Percentage in 2016</i>	<i>Number of states in 2012 (of 51)</i>	<i>Percentage in 2012</i>	<i>Number of states in 2010 (of 51)</i>	<i>Percentage in 2010</i>
Substitutions	31 (of 50)	62.0	33	64.7	32	62.7
Waivers*	15 (of 51)	29.4	28	54.9	30	58.8
Exemptions*	30 (of 50)	60.0	28	54.9	30	58.8

*Please note that the 2012 and 2010 surveys combined the questions about waivers and exemptions. As a result, it is not appropriate to compare the 2016 results regarding waivers or exemptions to the 2012 or 2010 results for either.

Physical Activity Time

A minority of states require school districts or schools to have a minimum weekly amount of physical activity time for students. Seventeen of 51 states (33.3 percent) have this requirement for elementary schools, but fewer states have a requirement for middle school/junior high (12 of 49 states, 24.5 percent) or high schools (5 of 51 states, 9.8 percent). In some states (such as Colorado) that require a weekly minimum amount of physical activity time, physical education may satisfy at least part of the requirement.

One state (Colorado) of 35 states responding to this question requires classroom-based physical activity breaks, in elementary school. None of the 35 states required those breaks in middle school/junior high or high school.

Only 16.0 percent (8 of 50 states) require elementary schools to provide daily recess, mostly unchanged from 2012 (when 9 of 51 states required elementary schools to provide daily recess).

Withholding physical activity, including recess, is prohibited in 10 of 49 states (20.4 percent), compared to 11 of 51 states (21.6 percent) in 2012. Additionally, 13 of 49 (26.5 percent) of states indicated a prohibition of the use of physical activity as punishment for inappropriate behavior, compared to 11 of 51 states in 2012.

Local School Wellness Policies

More than half of schools or school districts are required to submit their local school wellness policy to the state education agency (58.8 percent, 30 of 51 states). A similar proportion (51.1 percent, 24 of 47 states) require local school wellness policies to be posted online, making the policy available to the public. In 30 of 50 states (60.0 percent), the state monitors implementation of local school wellness policies.

Standards and Curriculum

Almost all (50 of 51, 98.0 percent) states have adopted state standards for physical education; 81.6 percent (40 of 49 states) require all school districts to comply with the standards.

The five national standards for physical education are usually addressed within state standards:

- 100 percent (48 states) address:
 - National Standard 1: Competency in a variety of motor skills and movement patterns
 - National Standard 2: Knowledge of concepts, principles, strategies, and tactics related to movement and performance
 - National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction
- Almost all (47 of 48 states) address the other two standards:
 - National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
 - National Standard 4: Responsible personal and social behavior that respects self and others

Eight states (16.7 percent) also address other content areas in their state standards.

Nearly two-thirds of states (32 of 51; 62.8 percent) have promoted the use of the Physical Education Curriculum Analysis Tool (PECAT) to school districts or schools. Among states that promoted the PECAT, the most common method was sharing information through existing state communication networks (84.9 percent), followed by conducting presentation(s) on its use at state conferences or meetings (48.5 percent) and holding a professional development session sponsored by the Centers for Disease Control and Prevention (39.4 percent).

Sixteen states reported that the state-specified student-teacher ratio is applicable to physical education classes.

Assessment and Accountability

Almost one-third (32.7 percent, 16 of 49 states) require student assessment directly related to state physical education standards. More than half (56.5 percent, 13 of 23 states) send individual student results to parents/guardians. Fewer states use results for other purposes:

- 30.4 percent use aggregate data to inform school district or school's long-term strategic planning
- 26.1 percent use aggregate data to inform wellness policies
- 21.7 percent send aggregate school data to the state Department of Education
- 21.7 percent use aggregate data to inform School Improvement Plans
- 17.4 percent send aggregate school district data to the state Department of Education
- 13.0 percent share aggregate school district data publicly
- 4.4 percent use data for a research study

Approximately one-quarter (26.5 percent, 13 of 49 states) require student physical fitness assessment. Nine states require a particular fitness assessment to be used, such as FitnessGram®.

Approximately half (52.2 percent, 24 of 46 states) require physical education grades to be included in a student's grade point average (GPA).

Physical Fitness Assessment and Body Mass Index (BMI) Collection

Approximately one-quarter (26.5 percent, 13 of 49 states) require student physical fitness assessment. The most commonly reported grades in which a fitness assessment is conducted include grade 5 (78.6 percent, 11 of 14 states) and grades 8 and 9 (71.4 percent, 10 of 14 states for both grades).

Five (12.5 percent) of 40 states require schools to collect Body Mass Index (BMI) in one or more grades. Ten of 40 states (25.0 percent) require height and weight collection. Among those 40 states, Alabama is the only state that does not allow collection of BMI data for each student. The most common use of results, reported by 6 of 13 (46.2 percent) of states, was sending individual student results to parents.

Teacher Certification/Licensure and Professional Development

Most states require physical education teachers to be state certified/licensed and endorsed to teach physical education middle school/junior high (87.8) and high school (98.0 percent) levels. State licensure/certification and endorsement to teach physical education is required at the elementary school level in 71.4 percent (35 of 49) of states, though 66.0 percent (31 of 47) of states allow elementary classroom teachers (generalists) to teach required elementary school physical education classes. More than half (56.8 percent, 25 of 44 states) allow only state certified/licensed teachers endorsed to teach physical education to teach online physical education classes.

Forty-four states (88.0 percent of 50 states) require those who desire to teach physical education to pass a certificate/licensure exam before they are endorsed to teach physical education.

A majority of states (85.7 percent, 42 of 49 states) require professional development in order to maintain/renew one's physical education teacher certification/licensure, up from 72.5 percent (37 of 51 states) in 2012. Almost two-thirds (65.3 percent, 32 of 49 states) provide professional development events or funding specifically for physical education teachers. This is a substantial increase from 2012, when only 19.6 percent (10 of 51 states) provided any funding for professional development that was specifically for physical education teachers.

Requirement for Certification/Licensure and Endorsement to Teach Physical Education	Number of states in 2016	Percentage in 2016 (of 49 states)	Number of states in 2012	Percentage in 2012 (of 51 states)	Number of states in 2010	Percentage in 2010 (of 51 states)
Elementary	35	71.4	40	78.4	42	82.4
Junior High	43	87.8	42	82.4	46	90.2
High School	48	98.0	46	90.2	50	98.0

A teacher evaluation system is in place for all teachers in 82.0 percent of states (41 of 50). The teacher evaluation system applies to physical education teachers in almost all cases (41 of 42 states, 97.6 percent).

Approximately three-quarters (73.2 percent, 30 of 41 states) take some action to support the National Board Certification process. The most common actions are actively promoting and encouraging teachers to register for the process (51.2 percent, 21 of 41 states) and providing or facilitating mentoring for teachers going through the process (26.8 percent, 11 of 41 states). Five states provide an on-going higher level of pay to all teachers who are board certified. Three states provide partial funding regardless of whether the teacher receives certification, while four states provide partial funding only if the teacher receives certification. One state, West Virginia, provides full funding regardless of whether the teacher receives certification, and Wisconsin and Iowa provide full funding only if the teacher receives certification. Montana and Nevada provide a one-time monetary bonus if the teacher receives certification, and Montana and Washington provide one or more forms of monetary recognition for national board certified teachers.

Five of 50 states require each school district to have a certified/licensed physical educator serving as a physical education coordinator. In 2012, only one state, New York, had this requirement. In addition, two-thirds (64.0 percent; 32 of 50 states) had designated staffing to oversee implementation, compliance, technical assistance, and monitoring of physical education programs in school districts and schools. The FTE level of this position was <0.5 FTE in eight states and <1.0 FTE in 22 states.

Overall, results are not drastically different from the 2012 and 2010 *Shape of the Nation* reports. On one hand, more than half of states allow exemptions, waivers and/or substitutions, loopholes that reduce the effectiveness of physical education requirements and deprive students of the benefits of physical education. On the other hand, some states have a number of robust policies in place and there are improvements in selected measures compared to prior years. Please refer to the individual state profiles for more information about each state's physical education and physical activity policies and practices.

KEY STATE PHYSICAL EDUCATION AND PHYSICAL ACTIVITY POLICIES¹

	AL	AK	AZ	AR	CA	CO	CT	DC	DE	FL	GA	HI	ID	IL	IN	IA	KS
State requires elementary students to take physical education ²	•			•	•		•	•	•	•	•	•	•	•	•	•	
State requires middle school/junior high school students to take physical education ³	•			•	•		•	•	•	•			•	•	•	•	
State requires high school students to take physical education and/or to earn physical education credit for graduation ⁴	•			•	•		•	•	•	•	•	•		•	•	•	•
State has requirement for minutes/week that elementary students must participate in physical education ⁵	•			•	•					•	•	•					
State has requirement for minutes/week that middle school/junior high students must participate in physical education ⁶	•			•	•			•									
State has requirement for minutes/week that high school students must participate in physical education ⁷					•							•				•	
State has additional funding available (beyond general education funding, special appropriation, or school district appropriations) for physical education programs ⁸					•	•	•	•				•					
State does not permit schools/districts to apply for a waiver from the state physical education requirements and does not allow students to apply for an exemption from required physical education participation or credit ⁹						•	•	•		•			•		•		
State does not permit school districts or schools to allow students to substitute other activities for required physical education credit ¹⁰				•		•	•	•	•			•					•
State prohibits schools/districts from withholding physical activity as a punishment for students ¹¹	•				•	•	•	•				•					
State prohibits schools/districts from using physical activity as a form of punishment for students ¹²	•			•	•		•	•	•			•					
State has adopted standards for physical education ¹³	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		•
State requires student assessment in physical education or student physical fitness assessment ¹⁴	•				•	•	•	•	•	•	•	•					
State requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary level ¹⁵	•			•	•			•	•			•		•	•	•	•
State requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the middle school/junior high level ¹⁶	•		•	•	•			•	•		•	•		•	•	•	•
State requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the high school level ¹⁷	•		•	•	•			•	•	•	•	•	•	•	•	•	•

	KY	LA	ME	MD	MA	MI	MN	MS	MO	MT	NE	NV	NH	NJ	NM	NY	NC
State requires elementary students to take physical education		•	•	•	•		•	•	•	•	•		•	•		•	
State requires middle school/junior high school students to take physical education		•	•	•	•		•	•	•	•	•		•	•		•	
State requires high school students to take physical education and/or to earn physical education credit for graduation	•	•	•	•	•	•	•	•	•	•		•	•	•	•	•	•
State has requirement for minutes/week that elementary students must participate in physical education		•						•	•					•		•	
State has requirement for minutes/week that middle school/junior high students must participate in physical education		•						•	•	•				•		•	
State has requirement for minutes/week that high school students must participate in physical education														•		•	
State has additional funding available (beyond general education funding, special appropriation, or school district appropriations) for physical education programs						•	•					•					•
State does not permit schools/districts to apply for a waiver from the state physical education requirements and does not allow students to apply for an exemption from required physical education participation or credit			•	•										•		•	
State does not permit school districts or schools to allow students to substitute other activities for required physical education credit			•	•			•			•			•				•
State prohibits schools/districts from withholding physical activity as a punishment for students		•			•											•	•
State prohibits schools/districts from using physical activity as a form of punishment for students		•			•											•	•
State has adopted standards for physical education	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
State requires student assessment in physical education or student physical fitness assessment			•					•	•				•	•	•		•
State requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary level	•	•	•	•		•	•		•				•	•	•	•	•
State requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the middle school/junior high level	•	•	•	•	•	•	•		•		•	•	•	•	•	•	•
State requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the high school level	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•

	ND	OH	OK	OR	PA	RI	SC	SD	TN	TX	UT	VA	VT	WA	WV	WI	WY	Total
State requires elementary students to take physical education	•		•	•	•	•	•		•	•		•	•	•	•	•	•	39
State requires middle school/junior high school students to take physical education	•			•	•	•	•		•	•	•	•	•	•	•	•	•	37
State requires high school students to take physical education and/or to earn physical education credit for graduation	•	•		•	•	•	•	•	•	•	•	•	•	•	•	•		44
State has requirement for minutes/week that elementary students must participate in physical education	•		•	•		•	•							•	•			19
State has requirement for minutes/week that middle school/junior high students must participate in physical education	•			•		•								•	•			15
State has requirement for minutes/week that high school students must participate in physical education						•												6
State has additional funding available (beyond general education funding, special appropriation, or school district appropriations) for physical education programs					•		•		•				•	•		•		15
State does not permit schools/districts to apply for a waiver from the state physical education requirements and does not allow students to apply for an exemption from required physical education participation or credit			•	•				•	•			•			•		•	17
State does not permit school districts or schools to allow students to substitute other activities for required physical education credit	•	•			•	•		•				•						19
State prohibits schools/districts from withholding physical activity as a punishment for students																		10
State prohibits schools/districts from using physical activity as a form of punishment for students				•											•			13
State has adopted standards for physical education	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	50
State requires student assessment in physical education or student physical fitness assessment		•		•	•	•	•		•	•		•	•	•	•	•		28
State requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary level	•	•	•		•	•	•	•	•			•	•		•		•	35
State requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the middle school/junior high level	•	•	•	•	•	•	•	•	•		•	•	•		•	•	•	43
State requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the high school level	•	•	•	•	•	•	•	•	•		•	•	•	•	•	•	•	48

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- 1 Information in this chart is based on responses to the state surveys
 - 2 Q4 - Does your state require students to take physical education in the following grades? (Responded Yes to one or more grades K-5) OR responded affirmatively to Q13: Is there a state requirement for the minutes per week that elementary school students must participate in physical education (not to include recess or physical activity breaks)? Or Q14: How many minutes per week of physical education does the state require for elementary school students?
 - 3 Q6 - Does your state require students to take physical education in the following grades? (Responded Yes to one or more grades 6-8) OR responded affirmatively to Q15 (see note 5) or Q16 - How many minutes per week of physical education does the state require for middle school/junior high school students? (some states skipped Q6 but responded affirmatively to Q15 and 16)
 - 4 Q8 - Does your state require students to take PE in the following grades? (Responded Yes to one or more grades 9-12) OR Responded Yes to Q10 - Does your state have a requirement for the number of high school PE credits that are needed for high school graduation?
 - 5 Q13 - Is there a state requirement for the minutes per week that elementary school students must participate in physical education (not to include recess or physical activity breaks)? - Responded Yes (in some cases, it was in hours/year - I gave this a dot too)
 - 6 Q15 - Is there a state requirement for the minutes per week that middle school/junior high school students must participate in physical education (not to include recess or physical activity breaks)? - Responded Yes
 - 7 Q17 - Is there a state requirement for the minutes per week that high school students must participate in physical education (not to include recess or physical activity breaks)? - Responded Yes
 - 8 Q88 - Is there additional funding for school districts or schools to improve physical education programs? - Responded Yes, plus additional detail in Q89 ("If yes, what is the source of funding?")
 - 9 Q19 - Does your state allow schools or school districts to apply for a waiver from the state PE requirements? - Responded Yes to this Q and/or to Q24 - Does your state permit schools or school districts to allow students to apply for an exemption from participation in PE class time or required PE credit?
 - 10 Q22 - Does your state permit school districts or schools to allow students to substitute other activities for required participation in physical education or required physical education credit? - Responded Yes
 - 11 Q29 - Does your state prohibit school districts and schools from withholding physical activity (including recess) as a punishment for students? - Responded Yes
 - 12 Q30 - Does your state prohibit school districts and schools from using physical activity as a form of punishment for students? - Responded Yes
 - 13 Q42 - Has your state adopted standards for physical education? - Responded Yes
 - 14 Q58 - Does your state require student assessment directly related to your state physical education standards? - Yes Response to this or grade levels provided in response to Q59 - What grades are required by the state to be assessed in physical education according to the state physical education standards? (some schools skipped Q58 but provided grade levels to Q59) OR Yes response to Q62 - Does your state require student physical fitness assessment?
 - 15 Q71 - State requires physical education teachers to be state certified/licensed AND endorsed to teach physical education for the following grade levels: Checked Elementary school in response
 - 16 Q71 - State requires physical education teachers to be state certified/licensed AND endorsed to teach physical education for the following grade levels: Checked Middle/Junior High in response
 - 17 Q71 - State requires physical education teachers to be state certified/licensed AND endorsed to teach physical education for the following grade levels: Checked High school in response

ALABAMA



Amount of Required Physical Education: The state requires all public and private schools (except church schools) to have a system for physical education. The state requires students to take physical education in grades K-5 and requires that middle school/junior high and high schools provide their students with physical education. The state requires a minimum of 30 minutes of physical education per day in grades K-5. The state also requires a minimum of 30 minutes of daily physical education in grades 6-8, with a recommendation of (but not requirement for) 50 minutes per day. There is no minimum time requirement for high school students. There is not a method in place for enforcing the physical education requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction, but requires the school grounds to be large enough to provide outdoor areas for physical education.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports, Junior Reserve Officer Training Corps (JROTC), cheerleading, or marching band for their required physical education credit.

Exemptions/Waivers: The state does allow schools and school districts to apply for a waiver from the state physical education requirements, but until funding is obtained for K-8 physical education teachers there will be no exception to the one required unit of physical education for grades 9-12. If a public school system has adequate certified physical education teachers for K-8, it may request an exemption from the one required physical education credit in grades 9-12 by substituting one of the activities listed above.

Exemptions are only granted to high school students by the state superintendent. The exemptions is valid for a two-year period. In addition, students may apply for an exemption from participation in the physical education class time or required credit. Students may receive an exemption for medical reasons or at the recommendation of an IEP team or 504 Plan.

Physical Activity: The state does not require elementary schools to provide daily recess and it does not require a minimum weekly amount of physical activity for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, and it prohibits the use of physical activity as punishment.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. It does monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply. Physical education classes must meet the needs of all students and be modified for those unable to take the regular program, and must meet or exceed the minimum requirements in the [Alabama Course of Study: Physical Education](#) were last revised in 2009.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires elementary, middle school/junior high, and high schools to use the department of education's standards-based curriculum for grades K-12. The curriculum must be reviewed and/or revised every six years. The state has distributed the following information to schools or school districts: written physical education curriculum; goals and objectives of physical education programming; a chart describing scope and sequence for

physical education; lesson plans or learning activities for physical education; and pacing guides. It has also promoted the use of the Physical Education Curriculum Analysis Tool (PECAT) by conducting presentations on its use at state conferences and meetings.

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs in school districts and schools. The State Board of Education is authorized to borrow money from the United States of America or any of its departments or agencies, or from any person, firm, corporation or other lending agency, for purposes of providing athletic fields and other facilities for physical education.¹

Class Size: The state's required student-teacher ratio for academic classes is applicable to physical education.

Grade Point Average (GPA): Physical education grades are not required to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses, provided that written approval is given from both the principal and superintendent before the course begins and that the course includes all required content identified by the state unless it conflicts with the virtual delivery of the program.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state requires student physical fitness assessment in grades 3-12, using the Alabama Physical Fitness Assessment. Results are shared at the school level (e.g., to students, parents, principal) and with the school district, the local department of health, and the state department of education.

Body Mass Index (BMI): The state does not allow collection of students' BMI data.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the

elementary, middle school/junior high, and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (PRAXIS) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) may teach required elementary school physical education classes.

Professional Development of Physical Education Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure and this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state actively promotes and encourages physical education teachers to register for the National Board Certification process, providing partial funding only if the teacher receives board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not designate any staff to oversee implementation, compliance, technical assistance or monitoring of physical education programs in school districts and schools.

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1 Ala. Code § 16-3-28 (2015).

ALASKA



Amount of Required Physical Education: The state does not require physical education in elementary or middle school/junior high school. The state requires high school physical education for graduation, but it does not specify the grades of participation, nor the required minutes per week of physical education.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to complete 1.0 credit in physical education,² 1.0 credit in health, or 0.5 credit of each for graduation. (Note: Students can graduate with 1.0 credit in health only.)

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports or cheerleading for required physical education credit.

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. Each district has individual guidelines regarding who has the authority to grant waivers regarding physical education. There is no state authority. Students may apply for an exemption from participation in the physical education class time or required credit. Students may receive an exemption by participating in other academic courses, Advanced Placement courses, or for medical reasons.

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit the use of physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency, and to post the policy online, making it available to the public. The state monitors implementation of the parts of the local school wellness policies that are required through

the federal Healthy, Hunger-Free Kids Act. This monitoring is done through the Child Nutrition Program at the state Department of Education and Early Development.

State Standards: The state has adopted standards for physical education,³ with which all school districts are required to comply.⁴ [The Alaska Physical Education Standards](#) were last revised in March 2010.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with the state standards for physical education, but does not require a specific curriculum. The governing body of a district must review each content area at least every six years by way of a systematic evaluation of the curriculum. The state has not promoted physical education curriculum tools or the use of the Physical Education Curriculum Analysis Tool (PECAT) to school districts or schools.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic or physical education classes.

Grade Point Average (GPA): The state does not require[s] physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect BMI or students' height and weight.

Certification/Licensure of Physical Education Teachers:

The state does not require physical education teachers to be state certified/licensed and endorsed to teach physical education for any grade levels and to teach online physical education courses. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes. The state requires that those who teach physical education pass a physical education certificate/licensure exam before they are endorsed to teach physical education.

Professional Development of Physical Education

Teachers: Professional development is required to maintain/renew one's physical education teacher certification or licensure and this professional development must be on physical education topics.

The state does not provide events or funding specifically for physical education teachers.

Teacher Evaluation: The state does not have a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process and providing partial funding only if the teacher receives board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance or monitoring of physical education programs in school districts and schools.

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2 Alaska Admin. Code tit. 4, § 06.075 (2015).

3 Alaska Admin. Code tit. 4, § 04.140 (2015).

4 Alaska Admin. Code tit. 4 § 05.080 (2015).

ARIZONA

Amount of Required Physical Education: The state requires that students demonstrate competency in a number of required subject areas, including health/physical education, but does not specify grade levels or minutes per week, nor a requirement for high school graduation.⁵

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state does not have a requirement for the number of high school physical education credits needed for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports, Junior Reserve Officer Training Corps (JROTC), marching band, or dance for physical education requirements.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from the state physical education requirements. The state does permit flexibility in physical education activity requirements for students with chronic health problems so that they may participate to the extent that their condition permits.⁶ Students may apply for an exemption from participation in the physical education class time or required credit for their participation in other academic courses or Advanced Placement courses.

Physical Activity: The state does not require elementary schools to provide daily recess and it does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students; there is a written policy regarding physical activity time for students (Superintendent of Public Instruction Recommendation). Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit the use of physical activity as a form of punishment.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the

state education agency and to post it online for the public. The state does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply. [The Arizona Physical Education Standards](#) were last revised in May 2015.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curricula for elementary, middle school/junior high and high school physical education. In the past year the state has distributed goals and objectives of physical education programs and a chart describing scope and sequence for physical education to schools and school districts. It has promoted the use of the Physical Education Curriculum Analysis Tool (PECAT) through existing state communication networks.

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic classes or physical education.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: N/A

Student Assessment Requirements: The state does not require student assessment related to state physical education standards. The district instructional programs (including health/physical education) are to be included in an ongoing assessment of student progress toward meeting competency requirements.⁷

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the middle school/junior high and high school levels. The state does not require those who teach physical education to pass a physical education certificate/licensure exam before they are endorsed to teach physical education class. Elementary classroom teachers (generalists) may teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's teacher certification or licensure. The state does not require this professional development to be on physical education topics, and it does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers, including physical education teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance or monitoring of physical education programs in school districts and schools.

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5 Ariz. Admin. Code § 7-2-301 (2015).

6 Ariz. Rev. Stat. Ann. § 15-346 (2015).

7 Ariz. Admin. Code § 7-2-301 (2015).

ARKANSAS



Amount of Required Physical Education: The state requires 40 minutes per week of physical education in K-8. An additional 90 minutes per week of physical activity is also required for elementary grades K-4, K-5, or K-6 depending on how the grades are divided between elementary and middle schools. There are no specific time requirements for high school students, but students must earn physical education credit for graduation.⁸ The state department of education is to annually monitor and evaluate the implementation and effectiveness of the physical education standards,⁹ and is authorized to review documentation, request information, or require additional reports from schools or school personnel to enforce compliance with the rule.¹⁰ The state uses periodic accreditation reviews to enforce the requirements and issues a citation for noncompliance.

Physical Education Equipment and Facilities: The state survey reported that there was no annual assessment of equipment and facilities related to physical education. The state's Public School Academic Equipment Manual has uniform standards for equipment determined to be necessary for adequate education, including physical education. The standards are to establish a method for keeping an inventory of technology systems, instructional materials, and related equipment.¹¹

High School Graduation Requirements: The state requires students to earn 0.5 credit in physical education for graduation.¹²

Substitutions: The state survey reported that substitute activities were not permitted. Arkansas Code specifies that students in grades 9-12 who complete an organized physical activity class are eligible to earn 0.5 credit in physical education.¹³ A student who completes two semesters of a Junior Reserve Officer Training Corps (JROTC) program shall receive 0.5 credit in physical education.¹⁴ These approved physical activities must meet the same framework standards as traditional physical education class.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may apply for an exemption from required physical education and physical activity requirements by seeking an exemption from the local school board of directors based on documentation of medical reasons or religious beliefs that contraindicate participation. If an exemption is granted, the student will be encouraged to take alternative, appropriate instruction in health education or other instruction in lifestyle modification.¹⁵

Physical Activity: The state does not require elementary schools to provide daily recess; it does require a minimum of 90 minutes per week of physical activity for K-6 students in addition to the 60 minutes required for physical education. This time may include recess, additional physical activity instruction, or intramural sports.¹⁶ The state does not require a minimum weekly amount of physical activity for middle school/junior high or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons. The state does prohibit the use of physical activity as punishment.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. It does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply.¹⁷ If physical education course content standards and curriculum frameworks are not met, the school district or open-enrollment charter school may be cited or placed in probationary violation of the Standards for Accreditation of Arkansas Public Schools and School Districts.¹⁸ [The Arkansas Physical Education and Health Standards](#) are revised every six years and were last revised in 2011.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Every school district is required to convene a school nutrition and physical activity advisory committee that is tasked with a number of

responsibilities including to assist with development of local policies for the implementation and enforcement of physical activity standards and requirements. School districts shall also require that physical activity goals are incorporated into the annual school planning and reporting process.¹⁹

State Curriculum: The state does not require schools or school districts to use a specific curricula for elementary, middle school/junior high and high school physical education. It has not promoted physical education curriculum tools or use of the Physical Education Curriculum Analysis Tool (PECAT) to school districts or schools.

State Funding for Physical Education Programs: N/A

Class Size: The states required student-teacher ratio for physical education classes in grades K-6 of 30:1.²⁰

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state does not allow students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to the state physical education standards, but any available results are sent to individual students' parents/guardians.

Fitness Assessment: The state requires students to participate in a nationally recognized fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student Body Mass Index (BMI).

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels. This includes passage of a physical education certificate/licensure exam in order to be endorsed to teach.

For grades K-6, at least one of the adults directly supervising the

physical education classes must be a licensed physical education teacher or licensed elementary teacher. For grades 7-12, physical education instruction must be provided by a licensed physical education teacher with a license that corresponds to the grade levels being taught.²¹

Professional Development of Physical Education Teachers:

Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state does not provide professional development events or funding specifically for physical education teachers.

Every school district is to convene a school nutrition and physical activity committee that is tasked with a number of responsibilities including integrating physical activity into the overall curriculum; ensuring that students engage in healthful levels of vigorous physical activity; ensuring that professional development for staff includes physical activity issues; improving the quality of physical education curricula and increasing training of physical education teachers.²²

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: N/A

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance or monitoring of physical education programs in school districts and schools.

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8 Act 1079 amendment to Ark. Code Ann. § 6-16-132 (2015). Physical education.
9 Ark. Code Ann. § 20-7-135 (2015). Nutrition and physical activity standards – Implementation.
10 005.19.11-5.00
11 Ark. Code Ann. § 6-21-810 (2015).
12 Ark. Code Ann. § 6-16-132 (2015). Physical education.
13 Ark. Code Ann. § 6-16-137 (2015).
14 Ark. Code Ann. § 6-16-141 (2015).
15 Ark. Code Ann. § 6-16-132 (2015): Physical education.

16 Ark. Code Ann. § 6-16-132 (2015). Physical education.
17 Ark. Code Ann. § 6-15-202 (2015); Ark. Admin. Code R. 005.15.15-7.0 (2015)
18 Ark. Admin. Code R. 005.19.11-6.00 (2015).
19 Ark. Code Ann. § 20-7-135 (2015). Nutrition and physical activity standards – Implementation.
20 Ark. Admin. Code R. 005.15.15-7.0 (2015).
21 Ark. Admin. Code R. 005.15.15-7.0 (2015).
22 Ark. Code Ann. § 20-7-135 (2015).

CALIFORNIA



Amount of Required Physical Education: The state requires students to take physical education for at least 200 minutes every 10 school days in grades 1-6²³ and at least 400 minutes every 10 school days in grades 7-12.²⁴ School districts are to report their compliance to the Superintendent of Public Instruction. Allegations of noncompliance may be filed with a school district or county superintendent of schools.²⁵

Physical Education Equipment and Facilities: State law stipulates that necessary supplies and equipment of sufficient quantity and quality are to be provided to allow each student's active participation throughout a class period (physical education is not specifically included or excluded in this language).²⁶ The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires two (one-year each) courses in physical education²⁷ for a total of 2.0 physical education credits for graduation.

Substitutions: Substitutions for physical education requirements are at the discretion of local school districts. Substitutions may be permitted for interscholastic sports, community sports, Junior Reserve Officer Training Corp, marching band, and cheerleading.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from the state physical education requirements. Students may apply for an exemption from participation in the physical education class time or required credit. The governing board of a school district of the county superintendent of schools may grant an exemption for medical reasons or half-time enrollment status. A two-year exemption may be granted during grades 10-12 upon meeting at least 5 of the 6 standards of the physical performance test administered in grade 9. Exempted students will be offered elective physical education courses of at least 400 minutes/10 school days.²⁸

Physical Activity: The state encourages but does not require elementary schools to provide daily recess.²⁹ The state does not have a minimum weekly amount of physical activity time for students at any grade level. However, physical activity must be addressed in each school district's local school wellness plan. Classroom physical activity breaks are not required. The state prohibits the use of withholding physical activity, including recess,

as punishment for disciplinary reasons, and it also prohibits using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. The state does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, though school districts are not required to comply. [The Physical Education Model Content Standards for California Public Schools](#) were last revised in January 2005.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

High school physical education programs are to provide instruction in a developmental sequence and include activities of a vigorous nature adapted to individual capacities and designed to permit maximum individual development.³⁰

State Curriculum: The state does not require the use of specific curricula for elementary, middle or junior high school physical education. It does require that an elementary physical education specialist be employed to develop model physical education curriculum standards for grades 1-8.³¹ The state has distributed student learning benchmarks and lesson plans or learning activities for physical education to schools or school districts. It has also promoted the use of the Physical Education Curriculum Analysis Tool (PECAT) by conducting presentations at state conferences and meetings, sharing information through state communication networks, and conducting trainings at districts throughout the state.

State Funding for Physical Education Programs: A number of funding methods are provided for the state's physical education programs in school districts and schools. Additional funding for physical education programs may be secured through grants. These funds may be used for staff, technical assistance, professional development, facilities upgrades, or equipment purchases.

Class Size: The state does not have a required student-teacher ratio for classes, but the state criteria for physical education program states that high school physical education class size is to be consistent with the requirements of good instruction and safety.³²

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state requires student assessment in physical education according to the state standards in grades 9 and 10. Assessment is required in eight content areas: 1) Effects of physical activity upon dynamic health, 2) Mechanics of body movement, 3) Aquatics, 4) Gymnastics and tumbling, 5) Individual and dual sports, 6) Rhythms and dance, 7) Team sports, and 8) Combatives.

Fitness Assessment: The state requires school districts/schools to assess students' physical fitness levels in grades 5, 7, and 9 using FITNESSGRAM®.³³ Students with disabilities or physical limitations will be given as much of the test as their condition permits. Data are shared at the school level (e.g. to students, parents, principal), at the school district level, and with the state department of education.³⁴

Body Mass Index (BMI): The state requires schools to collect BMI or students' height and weight in grades 5, 7, 9, and 11. The state provides model policies, policy guidance, or other materials to inform school or district policy on this data collection. Aggregate data for the school and school district are sent to the state department of education; aggregate school district data are shared publicly. Individual student results are sent to parents.

23 Cal. Edu. Code § 51210 (2016).

24 Cal. Edu. Code § 51220 and 51222 (2016).

25 Cal. Edu. Code § 51210.1 (2015); Cal. Edu. Code § 51223 (2016).

26 Cal. Edu. Code § 38118 (2016); Cal. Code Regs. tit. 5, § 10060 (2016).

27 Cal. Edu. Code § 51225.3 (2015).

28 Cal. Edu. Code § 51241 (2016).

29 Cal. Edu. Code § 33350 (2015).

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels. It does not require physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) may teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is not required in order to maintain/renew one's physical education teacher certification or license. The state does require certified/licensed physical education teachers to complete professional development on physical education topics, and provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state does not have a teacher evaluation system.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does have designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance and monitoring of physical education programs in school districts and schools.³⁵

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30 Cal. Code Regs. tit. 5, § 10060 (2016).

31 Cal. Edu. Code § 51206 (2016).

32 Cal. Code Regs. tit. 5, § 10060 (2016).

33 Cal. Code Regs. tit. 5, § 1041 (2016).

34 Cal. Edu. Code § 60800 (2016).

35 Cal. Edu. Code § 33352 (2016).

COLORADO

Amount of Required Physical Education: The state does not require elementary, middle school/junior high or high schools to provide physical education. Physical education classes may be used to fulfill the state's required minutes of physical activity (see below).

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state does not have a credit-based graduation requirement for physical education.

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for physical education participation

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education classes.

Physical Activity: The state does not require elementary schools to provide daily recess, but has established a monthly minimum requirement for physical activity opportunities for elementary students of at least 600 minutes per month for schools that meet 5 days per week and students attend for a full school day (alternate time requirements are provided for schools that do not meet 5 days per week or enroll full-day students). This requirement may be satisfied by recess, physical education class, fitness breaks, classroom activities that include physical activity, exercise programs, or field trips that include physical activity.³⁶ The state does not require any minimum amount of physical activity time for middle school/junior high school and high school students. Classroom physical activity breaks are required for elementary school students. The state prohibits the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It does not prohibit the use of physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and does monitor the implementation of local school wellness policies.

State Standards: The state has developed its own Pre-K through high school standards for physical education.³⁷ The state has a voluntary comprehensive health education program in which schools may participate by creating local programs. The department of education develops guidelines that are to include recommended hours of physical education instruction for Pre-K through grade 12 and coursework or instructor endorsements in physical education.³⁸ [The Comprehensive Health and Physical Education Standards](#) were last revised in 2009.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a written, K-12 sequential curriculum that is aligned with state and/or national standards for physical education. The curriculum must be reviewed and/or revised every 5 years. The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. The state has distributed the following information to schools or school districts: written physical education curriculum; goals and objectives of physical education programming; student learning benchmarks; a chart describing scope and sequence for physical education; and lesson plans or learning activities for physical education. It has also promoted the use of the Physical Education Curriculum Analysis Tool (PECAT) via state communication networks.

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs in school districts and schools. A school district or board of cooperative services may receive funding for a local student

wellness program that includes physical education.³⁹ Additional funding is available from Colorado Health Foundation grants. Up to \$6 million/year is available in grants and may be used for technical assistance, professional development, facilities upgrades, or equipment purchases. Grant funding cannot be used for staffing.

Class Size: The state does not have a required student-teacher ratio for classes.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state does not have requirements for physical education credits.

Student Assessment Requirements: The state requires student assessment in physical education in grades 1-12. Results are used to assess student growth and teacher effectiveness related to areas addressed in the state standards. The state also has additional statute language about assessment of school readiness, but does not specify physical education.⁴⁰

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight. The state provides school districts or schools with model policies, policy guidance, or other materials to inform policy on screening for student weight status using body mass index.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers. Elementary classroom teachers (generalists) are allowed to teach elementary school physical education classes. In addition, a school district may receive funding for a local student wellness program including physical education if the person who teaches these courses in the district is licensed and endorsed to teach physical education (unless the district enrolls <1,500 students).⁴¹

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by providing or facilitating mentoring for physical education teachers going through the process and by providing an on-going higher level of pay to all teachers who are national board certified.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does designate staff (<1.0 FTE) to oversee implementation, compliance, technical assistance or monitoring of physical education programs in school districts and schools.

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36 Colo. Rev. Stat. § 22-32-136.5 (2015); Children's wellness - physical activity requirement.

37 Colo. Rev. Stat. § 22-7-1005 (2015).

38 Colo. Rev. Stat. § 22-25-104 (2015).

39 Colo. Rev. Stat. § 22-25-105 (2015).

40 Colo. Rev. Stat. § 22-7-1004 (2016).

41 Colo. Rev. Stat. § 22-25-105 (2015); 1 Colo. Code Regs. 301-37:2260.5-R-8.16 (2015).

CONNECTICUT



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, but does not have a requirement for the number of minutes. High schools are required to provide students with physical education.⁴² Students must earn one physical education credit for graduation, which is to consist of at least the equivalent of a 40-minute class period for each school day of a school year.⁴³ Local and regional boards of education must report to the state board of education that physical education instruction is planned, ongoing, and systematic.⁴⁴ An annual district accountability report incentivizes or penalizes based on the percentage of 10th grade students meeting fitness standards.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn at least 1.0 credit in physical education for graduation.⁴⁵

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for required physical education participation or credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from the state physical education requirements. Students may apply for an exemption from required physical education when a student presents a physician certificate stating that participating in physical education is medically contraindicated; the student is excused from the physical education requirement provided that the credit may be filled by an elective.⁴⁶

Physical Activity: The state requires elementary schools to provide at least 20 minutes of daily physical exercise for K-5 students.⁴⁷ It does not require a minimum weekly amount of physical activity time for middle school/junior high school and high school students. Classroom physical activity breaks are not required. The state does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It directs local and regional boards of education to adopt a policy, as it deems appropriate, regarding the prohibition of physical activity to punish inappropriate behavior.⁴⁸

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. The state monitors the implementation of local school wellness policies through the school nutrition program administrative review process.

State Standards: The state has adopted standards for physical education, but school districts are not required to comply. [The Healthy and Balanced Living Curriculum Framework for Comprehensive School Health Education and Comprehensive Physical Education](#) was last revised in 2006 and is based on the national standards.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires elementary schools to use the standards-based curriculum developed by the department of education. This curriculum is to be reviewed and/or revised approximately every 10 years. The state recommends but does not require meeting state/national standards for middle school/junior high and high school curriculum.

The state has distributed goals and objectives of physical education programs, student learning benchmarks, lesson plans or learning activities for physical education, curriculum frameworks, technical assistance, and professional development workshops to schools or school districts. It has promoted the use of the Physical Education Curriculum Analysis Tool (PECAT) through presentations at state conferences and meetings, sharing information through state communication networks, and hosting a professional development session sponsored by the Centers for Disease Control and Prevention. A state Cadre of Physical Education Teachers professional

development group has been trained as PECAT trainers and provides training upon request.

State Funding for Physical Education Programs: Carol M. White PEP grants fund physical education in some of the state's school districts and schools. These grants may be used according to the grant criteria.

Class Size: The state does not have a required student-teacher ratio for academic classes/physical education.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state does not allow students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state requires student physical fitness assessments in grades 4, 6, 8, and 10. Third Generation Connecticut Physical Fitness Assessment Results data are shared at the school level (e.g. to students, parents, principal) and with the school district and state department of education.

Body Mass Index (BMI): The state requires schools to collect students' height and weight. It does not provide school districts or schools with model policies, policy guidance, or other materials to inform school or district policy on this data collection.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels. It requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education⁴⁹ (PRAXIS II: 5095 Physical Education: Content and Design). Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process. However, some districts encourage and incentivize National Board Certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does have designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance and monitoring of physical education programs in school districts and schools.

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42 Conn. Gen. Stat. § 10-16b (2015).

43 Conn. Gen. Stat. § 10-221a (2015). High school graduation requirements.

44 Conn. Gen. Stat. § 10-16b (2015).

45 Conn. Gen. Stat. § 10-221a (2015). High school graduation requirements.

46 Conn. Gen. Stat. § 10-221a (2015). High school graduation requirements.

47 Substitute House Bill No. 6525 (2013); Public Act No. 13-173 (2013).

48 Substitute House Bill No. 6525 (2013); Public Act No. 13-173 (2013).

49 Conn. Agencies Regs. § 10-145d-454 and § 10-145d-456 (2015).

DELAWARE



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, but does not specify a minimum number of minutes per week. High schools are required to provide students with physical education, and students must earn physical education credit for graduation.⁵⁰ Alignment of school district curricula to the State Content Standards is certified annually by the district through an assurance in the consolidated grant application.⁵¹

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.⁵²

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for required physical education participation or credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from the state physical education requirements. Students may apply for an exemption from the physical education requirement for medical reasons or religious beliefs. The local school district or charter school has authority to grant these exemptions.⁵³

Physical Activity: The state requires elementary schools to provide daily recess; the time duration is not specified. The state does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reason. It does prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. The state does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply. [The Delaware Physical Education Content Standards](#)⁵⁴ were last revised in 2005. School districts must provide evidence of their compliance.⁵⁵ An annual certification of school district curricula alignment with the state content standard is conducted via an assurance in the consolidated grant application.⁵⁶

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use of specific curricula for elementary, middle school/junior high or high school physical education. It has not promoted curriculum tools to schools or school districts in the past year, nor the use of the Physical Education Curriculum Analysis Tool (PECAT).

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic classes/physical education.

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state does not allow students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: There is a regulation citation regarding student assessment in physical education.

Fitness Assessment: The state requires student physical fitness assessment in grades 4, 7, and 9 or 10 using the tool designated by the state department of education⁵⁷ (FITNESSGRAM®). Results must be shared with each student's parents, guardians or relative caregivers. Results are also shared with the state department of education, which annually reports the statewide grade results to the public.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels.⁵⁸ It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis II) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but the professional development does not have to be on physical education topics.

Teacher Evaluation: The state does have a teacher evaluation system for all teachers.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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50 14 Del. Admin. Code § 503 (2015).

51 14 Del. Admin. Code § 502 (2015).

52 14 Del. Admin. Code § 503 (2015); 14 Del. Admin. Code § 505 (2015).

53 14 Del. Admin. Code § 503 (2015).

54 14 Del. Admin. Code § 501 (2015). State Content Standards. 1.0 Instructional Programs.

55 14 Del. Admin. Code § 502 (2015). Alignment of Local School District Curricula to the State Content Standards.

56 14 Del. Admin. Code § 502 (2015).

57 14 Del. Admin. Code § 503 (2015).

58 14 Del. Admin. Code § 1564 (2015).

DISTRICT OF COLUMBIA

Amount of Required Physical Education: The District of Columbia (referred to as the state throughout) requires 150 minutes of physical education per week for elementary school students and 225 minutes per week for middle school/junior high students.⁵⁹ High schools are required to provide physical education courses, and students must earn physical education credit for graduation. Annual reporting is required regarding compliance with physical education requirements and student achievement of physical education standards.⁶⁰ Data are self-reported in the Annual School Health Profile.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.5 credits of physical education/health to graduate.⁶¹

Substitutions: The state does not permit schools or school districts to apply for a waiver from physical education requirements.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from physical education requirements. Students may not apply for an exemption from required physical education.

Physical Activity: The state does not require elementary schools to provide daily recess, but it states a goal to engage children in physical activity for at least 60 minutes per day. Promoting active recess is one way to fulfill the daily 60 minutes. Classroom physical activity breaks are not required.⁶² There is no minimum weekly requirement for physical activity for middle school/junior high or high school students. The state does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It also prohibits the use of physical activity as punishment for inappropriate behavior.⁶³

Local School Wellness Policy: The state requires schools to provide their local school wellness policies to the state education agency and to post the policy online for the public. Implementation is monitored by site visits.

State Standards: The DC Board of Education has adopted standards for physical education, with which all schools must comply.⁶⁴ [The Physical Education Standards](#) were last revised in 2008 and were under revision in 2015 to align with national standards.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. The state has distributed written physical education curriculum including a chart of its scope and sequence, goals and objectives of physical education programs, student learning benchmarks, and lesson plans or learning activities for physical education to schools or school districts. It has also promoted the use of the Physical Education Curriculum Analysis Tool (PECAT) by conducting a Centers for Disease Control and Prevention (CDC)-sponsored professional development session and shares information through state communication networks.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs. Additional funding for physical education programs may be secured through a competitive grant process. Grant funds that are awarded may be used for equipment, facilities, programming, and technical assistance.

Class Size: The state's required student-teacher ratio for academic classes is applicable to physical education.

Grade Point Average (GPA): Physical education grades are required to be included in a student's GPA.

Online Physical Education Courses: The state does not allow required physical education credits to be earned through online physical education courses.

Student Assessment Requirements: The state requires student assessment using the District of Columbia Comprehensive Assessment System. This is administered in grades 5, 8, and the high school year when health is taken. Questions related to physical education standards are included. Aggregate data for the school are sent to the state department of education and are used to inform wellness policies.

Fitness Assessment: The state does not require student physical fitness assessment nor the use of a particular fitness assessment protocol, but recommends FITNESSGRAM®. Available data are shared with the state department of education.

Body Mass Index (BMI): The state requires schools to collect students' height and weight. Data are collected through the Universal Health Certificate and are kept at the Local Education Agency. The state does not provide school districts or schools with model policies, policy guidance, or other materials to inform school or district policy on this data collection.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be certified/licensed and endorsed to teach physical education⁶⁵ at the elementary, middle school/junior high and high school levels. It requires public school (but not charter school) physical education teachers to pass a physical education certificate/licensure exam (Praxis) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) may not teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is not required in order to maintain/renew one's physical education teacher certification or licensure. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports National Board Certification by encouraging physical education teachers to register and by providing or facilitating mentoring for teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does have designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance and monitoring of physical education programs in school districts and schools.

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59 D.C. Code § 38-824.02 (2015).

60 D.C. Code § 38-824.05 (2015).

61 D.C. Mun. Regs. tit. 5, § 2203 (2015).

62 D.C. Code § 38-824.01 (2015); Code § 38-824.02 (2015).

63 D.C. Code § 38-824.03 (2015).

64 D.C. Code § 38-824.02 (2015).

65 D.C. Mun. Regs. tit. 5, § 1641 (2015).

FLORIDA



Amount of Required Physical Education: The state requires student to take 150 minutes per week of physical education (with a minimum of 30 consecutive minutes any day physical education instruction is provided) for grades K-5 and for students in grade 6 who are enrolled in a school with one or more elementary grades. The state requires one class period per day of physical education for one semester of each year for students enrolled in grades 6 through 8, but does not specify number of minutes per week.⁶⁶ High schools are required to provide students with physical education and students must earn physical education credit for graduation.⁶⁷ The physical education programs and curricula must be reviewed by a certified physical education instructor, and student participation in physical education must be reported through periodic surveys showing enrollment numbers.⁶⁸

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: State law requires students to complete 1.0 credit in physical education. Physical education must include the integration of health.⁶⁹

Substitutions: The state permits school districts or schools to allow students to substitute one-half credit or one full credit of the required physical education with the following activities⁷⁰:

One credit of physical education:

- Interscholastic sports at the junior varsity or varsity level for two full seasons, along with passage of the department of education's competency test on personal fitness with a score of "C" or better
- Junior Reserve Officer Training Corps (ROTC) class for two years

One-half credit of physical education:

- Marching band class, dance class, or physical activity class for one semester with a grade of "C" or better

Exemptions/Waivers: The state does not permit schools and school districts to apply for a waiver from the state physical education requirements. The requirements for grades K-5 and 6-8 shall be waived for students who are enrolled or required to

enroll in a remedial course or for a student whose parent indicates in writing that the student satisfies the requirement with another acceptable option.⁷¹

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires each school district to electronically submit its local school wellness policy to the Florida Department of Agriculture and Consumer Services, and to annually review the policy and provide a procedure for public input and revisions. When revisions are made, districts must provide the revised policy to the Department.⁷² Local school wellness policies also must be posted online, making them available to the public. The state does not monitor local school wellness policy implementation.

State Standards: The state has adopted standards for physical education, last revised in 2013.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum, but physical education curriculum must be reviewed and/or revised every six years. The state has distributed student learning benchmarks and lesson

plans or learning activities for physical education to schools or school districts. It has also promoted the use of the Physical Education Curriculum Analysis Tool (PECAT) through state communication networks.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. Funding is provided on a per student basis. Each site-based administrator determines funding allocations within the school. Funding is allowed to be used at the discretion of school administrators. No additional funding is available for physical education programs.

Class Size: The state's required student-teacher ratio for academic classes is not applicable to physical education.

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: Online coursework is required for graduation. Physical education credits may be (but are not required to be) earned through online coursework.⁷³

Student Assessment Requirements: The state requires student assessment related to state physical education standards. Student assessment is required in grades 1-12, based on the state standards listed above. Results are used for local school district decision making and are not used at the state level.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state requires schools to collect BMI data in grades 1, 3, and 6. The state provides model policies, policy guidance, or other materials to inform school or district policy on screening for student weight status or BMI. Districts must report data to the department of health, and each district determines if data are also shared with parents.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be certified/licensed and endorsed to teach physical education at the high school level. In addition, only state certified or licensed teachers

endorsed to teach physical education can teach online physical education courses. It also requires physical education teachers to pass a physical education certificate or licensure exam before they are endorsed to teach. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development does not have to be on physical education topics. The state provides professional development events for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a certified/licensed physical educator serving as a physical education coordinator. However, it does have designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, and monitoring of physical education programs in school districts and schools.

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66 Title XLVIII > Chapter 1003 > Section 455

67 1003.4282

68 Title XLVIII > Chapter 1003 > Section 455

69 1003.4282

70 1003.4282

71 1003.455

72 1003.453

73 1003.4282

GEORGIA



Amount of Required Physical Education: The state requires students in grades K-5 to take 90 hours of health and physical education per year.⁷⁴ It requires middle/junior high and high schools to provide physical education, but does not have a requirement for the number of minutes.⁷⁵ Middle school/junior high students are not required to take physical education. High school students must earn physical education credit for graduation. The state board of education is responsible for coordinating physical education activities and requirements; the collection of specific accountability measures is not described in statute.⁷⁶

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to complete 1 course/unit in health and physical education for graduation.⁷⁷

Substitutions: The state permits the local board of education to approve the substitution of three units of credit in Junior Reserve Officer Training Corps (JROTC) for required health and physical education credit.⁷⁸

Exemptions/Waivers: The state allows schools or school districts to apply for a waiver from the state physical education requirements. A waiver, effective for 7 years, may be granted by the state board of education as part of the state Strategic Waivers School System (SWSS/IE2) Partnership Contracts waiver. The state board of education is authorized to provide an exemption for students, including children of U.S. armed forces service members, who transfer from another state after having completed the year in which physical education is offered.⁷⁹

Physical Activity: The state does not require elementary schools to provide daily recess and it does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It does not prohibit the use of physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. It does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply. [The Georgia Physical Education Performance Standards](#) were last revised in 2009.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with the state standards⁸⁰ and revise the curriculum every six years. It requires a locally-developed curriculum for elementary schools and does not specify a required curriculum for middle/junior high or high schools. It has not promoted the use of curriculum tools to schools or school districts in the past year, nor the use of the Physical Education Curriculum Analysis Tool (PECAT).

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs. The state does require a certain percentage of local school system funds be used for student/teacher interaction (including physical education).⁸¹

Class Size: The state's maximum student-teacher ratio for physical education is 40:1.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state requires student assessment related to physical education for grades 1-12. Students are assessed in National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. Aggregate school results data are sent to the state department of education, and individual results are sent to each student's parent/guardian.

Fitness Assessment: The state requires student physical fitness assessment in grades 1-12 using a method determined by the state department of education (currently FITNESSGRAM®). It is required that individual results are shared with each student's parent or guardian, and aggregate results with the State Board of Education.⁸² Data are also shared with the school district, the local department of health, and the state departments of education and health.

Body Mass Index (BMI): The state requires schools to collect height and weight for each student in grades 1-12. The state provides model policies, policy guidance, or other materials to inform school or district policy on this screening. Results are included in a comprehensive report on Health-Related Fitness.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the middle school/junior high and high school levels. It also requires physical education teachers to pass a physical education certificate/

licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is not required in order to maintain/renew one's physical education teacher certification or licensure. State funding is provided for professional development specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: N/A

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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74 Ga. Comp. R. & Regs. 160-4-2.12 (2015).
75 Ga. Code Ann. § 20-2-142 (2015); Ga. Code Ann. § 20-2-777 (2015); Ga. Comp. R. & Regs. 160-4-2.12 (2015).
76 Ga. Code Ann. § 20-2-777 (2015).
77 Ga. Code Ann. § 20-2-149.2 (2015); Ga. Comp. R. & Regs. 160-4-2.36 (2015); Ga. Comp. R. & Regs. 160-4-2-47 (2015); Ga. Comp. R. & Regs. 160-4-2-48 (2015).

78 Ga. Comp. R. & Regs. 160-4-2-48 (2015).
79 Ga. Code Ann. § 20-2-142 (2015).
80 Ga. Comp. R. & Regs. 160-4-2.01 (2015).
81 Ga. Comp. R. & Regs. 160-5-1.29 (2015).
82 Ga. Code Ann. § 20-2-777 (2015).



HAWAII

Amount of Required Physical Education: The state requires students to take physical education for at least 45 minutes per week for grades K-3, 55 minutes per week for grades 4-5, and 200 minutes per week for grade 6-12. Students must earn physical education is required for high school graduation. Physical education requirements are enforced by the state's wellness guidelines.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.⁸³

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for required physical education participation or credit.

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from the state physical education requirements. School principals have authority to waive any course requirements in extreme cases. Students may apply for an exemption from the required physical education for medical reasons.

Physical Activity: The state requires elementary schools to provide 20 minutes of daily recess, and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state prohibits the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It also prohibits using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. The state monitors the implementation of local school wellness policies through the School Health Index.

State Standards: The state has adopted standards for physical education, with which all school districts must comply. [The Hawaii Content and Performance Standards III for Physical Education](#) were last revised in 2006.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education, but does have a list of recommended curricula for school use. It requires a year to year revision of the curriculum, as needed. The state has distributed written physical education curriculum, goals and objectives of physical education; student learning benchmarks; chart describing scope and sequence for physical education; and lesson plans or learning activities for physical education to schools or school districts. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through state communication networks.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. Additional funding is available from the Hawaii Department of Health for physical education programs in schools and school districts.

Class Size: The state has a required student-teacher ratio for physical education.

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state does not allow students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state requires student assessment related to the state physical education standards in grades 1-5 and grade 9. Students are assessed in National Standards 1-4. Aggregate results are used to inform school district or school's long-term strategic planning and individual student results are sent to each student's parent/guardian.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels. It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and must be on physical education topics. State funding is provided for this professional development.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by providing or facilitating mentoring for teachers going through the process and providing partial funding if the teacher receives board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools

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83 4540 - High School Graduation Requirements and Commencement Policy, Haw. Bd. of Edu. (2016). Available at <http://www.hawaiiido.net/policies/4500series/Pages/4540.aspx>

IDAHO



Amount of Required Physical Education: The state requires students to take physical education in grades 1-8. High schools are required to provide physical education⁸⁴ as an elective but students are not required to take it. The state does not have a method for enforcing the requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state does not have a requirement for the number of high school physical education credits needed for graduation.

Substitutions: The state permits students to substitute one season in any sport recognized by the Idaho High School Activities Association or club sport recognized by the local school district, or 18 weeks of a sport recognized by the local school district for up to 1.0 physical education credit. Students must also show mastery of the physical education content standards in a format determined by the school district.⁸⁵

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from the state physical education requirements. Students may not apply for an exemption from physical education requirements.

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It does not prohibit the use of physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. It monitors implementation of local school wellness policies in a report to the state.

State Standards: The state has adopted standards for physical education.⁸⁶ [The Idaho Content Standards for Physical Education](#) were last revised in 2015; the revised standards go to the state board of education in 2016 and to the state legislature in 2017. Prior to 2015, they were revised in 2010.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires schools and school district to use a curriculum aligned with the state standards for physical education, but does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Districts may choose to purchase any state-approved curriculum. The standards are revised every six years. In the past year the state has distributed written physical education curriculum, goals and objectives of physical education; student learning benchmarks; a chart describing scope and sequence for physical education and lesson plans or learning activities for physical education to schools or school districts. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through state communications networks and presentation(s) on its use at state conferences or meetings.

State Funding for Physical Education Programs: General education funding (at the discretion of each district) is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for classes.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: Online physical education classes are offered.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the high school levels. It does not require physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development does not have to be on physical education topics. State funding is provided for this professional development specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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84 Idaho Admin. Code r. 08.02.03.104 (2015); Idaho Code § 33-1605 (2015).

85 Idaho Admin. Code r. 08.02.03.105 (2015).

86 Idaho Admin. Code r. 08.02.03.004 (2015). INCORPORATION BY REFERENCE.

ILLINOIS



Amount of Required Physical Education: The state requires students in grades K-12 to take daily physical education (except in the case of block scheduling, which requires physical education for periods of time that are compatible with the optimum growth and developmental needs of individuals at various age levels) but does not specify the number of minutes per week.⁸⁷ The state board of education oversees enforcement of physical education requirements⁸⁸ which includes routine monitoring, complaint investigation, and data reporting.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state's school code establishes graduation requirements and states that districts must provide physical education, but does not specify a physical education credit requirement for graduation.⁸⁹

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports (grades 11-12), marching band (grades 9-12), cheerleading (if classified as an interscholastic sport),⁹⁰ and Junior Reserve Officer Training Corps (JROTC) for their required physical education credit.

Exemptions/Waivers: The state permits districts or schools to apply for a waiver from state physical education requirements. The General Assembly can grant these waivers, which are effective for two years and may be renewed up to two additional times (for a total of 6 years).⁹¹ A school board may authorize grade 11-12 students an exemption for other academic courses (including courses without which students may fail to graduate, and courses that are required for admission to an institution of higher learning),⁹² medical reasons,⁹³ or an IEP with enrollment in adaptive sports for the specific disability.

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state board of education is directed to establish a state goal that all school districts have a wellness policy consistent with Centers for Disease Control and Prevention recommendations for physical activity.⁹⁴ The state does not prohibit

the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit the use of physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency. It does not monitor implementation of local school wellness policies. The state board of education is directed to establish a state goal that all school districts have a wellness policy consistent with Centers for Disease Control and Prevention recommendations for physical activity.

State Standards: The state has its adopted standards for physical education. The "Illinois Learning Standards" were last revised in May 2014.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Other: The influence of human body systems on growth and development

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. It does state that physical education should provide an appropriate amount of daily physical activity, foster the development of movement skills, enhance health-related fitness, increase knowledge, offer direct opportunities to work cooperatively in groups, and encourage healthy lifestyle habits and attitudes.⁹⁵ In the past year the state has distributed goals and objectives of physical education and student learning benchmarks to schools or school districts. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT).

State Funding for Physical Education Programs: General State Aid supports local board funding for the state's physical education programs in school districts and schools. More than 800 school districts are funded using a formula. There are no restrictions for how funds may be used. Physical education and recreational facilities are eligible for state funds upon request, as are grant awards for eligible expenses.⁹⁶ No additional funding is available for physical education programs.

Class Size: The state has a required student-teacher ratio for academic classes but it is not applicable to physical education.

Grade Point Average (GPA): The state requires physical education to be included in a student's GPA.

Online Physical Education Courses: The state does not allow online physical education courses.

Student Assessment Requirements: The state does not require student assessment in physical education directly related to state standards.

Fitness Assessment: The state does not require student physical fitness assessment. Beginning with the 2016-2017 school year, the state board of education will require an annual, scientifically-based, health-related physical fitness assessment for grades 3-12 with periodic reporting of results to the State Board of Education.⁹⁷

Body Mass Index (BMI): The state does not require collection of student BMI or height and weight data.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels.⁹⁸ It also requires physical education teachers to pass a physical education certificate/licensure exam (#144 Physical Education)

before they are endorsed to teach physical education.⁹⁹ Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes. Elementary educator programs must include instruction in methods and materials of physical education and training.¹⁰⁰

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but the professional development does not have to be on physical education topics. The state does not provide professional development funding or events specifically for physical education teachers.

National Board Certification: The state actively promotes and encourages teachers to register for the National Board Certification process by providing or facilitating mentoring for teachers going through the process and providing partial funding regardless of whether the teacher receives board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does have designated staffing (<0.50 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools

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87 105 Ill. Comp. Stat. 5/27-5 (2015); 105 Ill. Comp. Stat. 5/27-6 (2015); Ill. Admin. Code tit 23, § 1.420 (2015); Ill. Admin. Code tit. 23, § 1.430 (2015).
88 105 Ill. Comp. Stat. 5/27-7 (2015).
89 Ill. Admin. Code tit. 23, § 1.420 (2015); Ill. Admin. Code tit. 23, § 1.440 (2015).
90 105 Ill. Comp. Stat. 5/27-6 (2015).
91 105 Ill Comp. Stat. 5/2-3.25g (2015).
92 105 Ill. Comp. Stat. 5/27-6 (2015).
93 Ill. Admin. Code tit 23, § 1.420 (2015).

94 105 Ill. Comp. Stat. 5/2-3.139 (2015).
95 105 Ill. Comp. Stat. 5/27-7 (2015).
96 Ill. Admin. Code tit. 23, § 1501.603 (2015); Ill. Admin. Code tit. 74, § 1100.620 (2015); Ill. Admin. Code tit. 71, § 40.130 (2015).
97 105 Ill. Comp. Stat. 5/27-6.5 (2015).
98 Ill. Admin. Code tit. 23, § 1.737 (2015).
99 Admin. Code tit. 23, § 27.270 (2015).
100 105 Ill. Comp. Stat. 5/27-9 (2015).

SHAPE OF THE NATION™

STATE Profile

Unless otherwise noted with a specific legal citation, state profile information is sourced solely from responses to a survey of physical education specialists in state departments of education.

INDIANA



Amount of Required Physical Education: The state requires students to take physical education in grades K-8,¹⁰¹ but does not specify a minimum number of minutes. Students are also required to take physical education in grade 9 and earn physical education credit for high school graduation.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires Physical Education I and II (2.0 credits total) for graduation.¹⁰²

Substitutions: The state permits local school boards to recognize a student's training and experience in the U.S. armed forces (e.g., Basic Training) as meeting the 2.0 required physical education credits.¹⁰³ In addition, students may substitute other activities for required physical education if these activities are part of the independent learning course developed for them by a teacher.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from the state physical education requirements. The state does not allow students to apply for an exemption from physical education class time or credit.

Physical Activity: The state requires the "governing body of each school corporation" to provide daily physical activity for elementary students, which may include recess. No minimum time is specified, and schools may elect not to provide physical activity in the cases of inclement weather or unplanned shortening of the school day.¹⁰⁴ The state does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit the use of physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. The state does not monitor implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education with which all school districts must comply. [The Indiana Academic Standards](#) were last updated in 2010.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Other: Students participate regularly in physical activity

State Curriculum: The state requires physical fitness to be part of state schools' curricula.¹⁰⁵ The state requires use of a curriculum aligned with the state standards, but does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Curricula decisions are made at the local level. The state has promoted lesson plans or learning activities for physical education to schools or school district in the past year. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT).

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average (GPA): The state includes physical education grades in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require standardized student assessment in physical education.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels, as well as online classes.¹⁰⁶ It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education Teachers:

Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process and provides or facilitates mentoring for teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does have designated staffing (<0.5 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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101 Ind. Code § 20-30-5-7 (2016); 511 Ind. Admin. Code 6.1-5-2.6 (2015); 511 Ind. Admin. Code 6.1-5-3.6 (2015).

102 511 Ind. Admin. Code 6-7.1-4 (2015) minimum required and elective credits.

103 511 Ind. Admin. Code 6-7-9 (2016) Military experience; 511 Ind. Admin. Code 6-7.1-9 (2015).

104 Ind. Code § 20-30-5-7.5 (2016) Daily physical activity.

105 Ind. Code § 20-30-5-7 (2016).

106 515 Ind. Admin. Code 8-1-29.1 (2015); 511 Ind. Admin. Code 15-6-17 (2015).

IOWA



Amount of Required Physical Education: The state requires students to take physical education in grades 1-12. There is no time requirement for elementary or middle school/junior high students, but high school students must participate in at least one-eighth of a unit of physical education per semester¹⁰⁷ or at least 45-89 minutes of physical education per week. Compliance is determined through annual reporting.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 physical education credit for graduation.¹⁰⁸

Substitutions: The state permits school or school districts to allow students to substitute interscholastic sports, marching band, or cheerleading for required physical education participation or credit. Twelfth-grade students may substitute an organized and supervised athletic program that requires at least as much time of participation per week as one-eighth unit of physical education.¹⁰⁹

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. A Bureau Chief has the authority to grant a 1-year waiver from the state physical education requirements in response to a request from a district's board of directors. The request must be an essential part of a planned innovative curriculum project that is broadly consistent with the intent of the physical education program.¹¹⁰ Twelfth-grade students may be excused from physical education by the principal if they are enrolled in a cooperative, work-study, or other approved, off-site program as well as if they are enrolled in academic courses not otherwise available. Students in grades 9-11 may also be excused for academic courses not otherwise available. In addition, a principal may excuse a student from the physical education requirement whose parent/guardian requests in writing that the student be excused.¹¹¹ Students may apply for an exemption from the physical education requirement in lieu of TA/work study or religious beliefs.

Physical Activity: The state does not require elementary schools to provide daily recess, but does require a minimum amount of 30 minutes per school day (150 minutes per week) of physical activity time for elementary school students and 120 minutes per week

for middle school/junior high and high school students. A student participating in an organized and supervised athletic program or non-school-sponsored extracurricular activity that requires at least 120 minutes per week is exempt.¹¹² Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor the use of physical activity as punishment for inappropriate behavior.¹¹³

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. The state does not monitor the implementation of local school wellness policies.

State Standards: The state survey reported that the state has not adopted standards for physical education.

State Curriculum: The state does not require school districts and schools to use a specific curricula for elementary, middle school/junior high, or high school physical education. The state has not promoted curriculum tools to schools or school district in the past year, nor the use of the Physical Education Curriculum Analysis Tool (PECAT).

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required teacher-to student ratio for classes.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credit through online classes.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels,¹¹⁴ as well as online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis II) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but the professional development does not have to be on physical education topics. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by providing partial funding regardless of whether the teacher received board certification. It provides full funding if the teacher receives certification. Iowa provides a \$2,500 stipend for national board-certified teachers for a maximum of 10 years.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

Contact Person: N/A

107 Iowa Code § 256.11 (2015) EDUCATIONAL STANDARDS.

108 Iowa Code § 256.11 (2015) EDUCATIONAL STANDARDS; Iowa Admin. Code r. 281-12.5 (2015).

109 Iowa Admin. Code r. 281-12.5 (2015).

110 Iowa Code § 256.11 (2015) EDUCATIONAL STANDARDS.

111 Iowa Admin. Code r. 281-12.5 (2015).

112 Iowa Code § 256.11 (2015) EDUCATIONAL STANDARDS.

113 Iowa Admin. Code r. 281-103.3 (2015).

114 Iowa Admin. Code r. 282-13.28 (2015).

KANSAS



Amount of Required Physical Education: The state requires all schools to offer,¹¹⁵ but does not require students (in any grades K-12) to take, physical education. High school students must earn physical education credit for graduation.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 physical education (which is to include health) credit for graduation.¹¹⁶

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities, including “athletic practice” for required physical education credit.¹¹⁷

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from the state physical education requirements. Students may apply for an exemption from the physical education requirement for medical reasons or religious beliefs.¹¹⁸

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly amount of physical education for elementary, middle school/junior high, or high school students. Physical activity time is covered in School Wellness Policy Model Guidelines. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. The state monitors the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, though school districts are not required to comply. [The Kansas Physical Education Standards](#) were last revised in 2005.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education, but it requires that curricula be revised every seven years. It has not promoted curriculum tools to schools or school district in the past year, nor the use of the Physical Education Curriculum Analysis Tool (PECAT).

State Funding for Physical Education Programs: General education funding is available for the state’s physical education programs in school districts and schools. The state statute allows the board of education of any school district to purchase specialized clothing and towels for use in physical education, but does not specify what funds may be used.¹¹⁹

Class Size: The state does not have a required student-teacher ratio for academic classes or physical education.

Grade Point Average (GPA): The state requires physical education grades to be included in a student’s GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels, and to teach and online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state does not have a teacher evaluation system for all teachers.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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115 Kan. Admin. Regs. § 91-31-32 (2015).

116 Kan. Admin. Regs. § 91-31-35 (2015).

117 Kan. Admin. Regs. § 91-31-34 (2016).

118 Kan. Admin. Regs. § 91-31-35 (2015).

119 Kan. Stat. Ann. § 72-5389 (2015).

KENTUCKY



Amount of Required Physical Education: The state requires high schools, but not elementary or middle school/junior high schools, to provide students with physical education.¹²⁰ A minimum time or duration is not specified, but it is required for graduation.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage required physical education instruction.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credit for graduation.¹²¹

Substitutions: The state permits school districts or schools to allow students to substitute Junior Reserve Officer Training Corps (JROTC) for required physical education.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from the state physical education requirements. Students may apply for an exemption from the physical education requirement for medical reasons or religious beliefs. In the case of medical reasons, a local board of education may authorize the child to substitute a physical education course which is within his or her physician-specified capabilities.¹²²

Physical Activity: The state does not require elementary schools to provide daily recess, but requires each school council or principal of grades K-5 schools to develop and implement a wellness policy that includes daily physical activity (maximum 30 minutes/day or 150 minutes per week, which may include instructional physical activity time). The state does not require a minimum weekly amount of physical activity time for middle school/junior high school or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. It monitors implementation of local school wellness policies by way of annual reports submitted to the department of education.

State Standards: The state has adopted standards for physical education. [The Kentucky Physical Education Standards](#) were last revised in 2006.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curricula for elementary, middle school/junior high, or high school physical education. In the past year the state has promoted the following curriculum tools to schools or school districts: Written physical education curriculum, goals and objectives of physical education, student learning benchmarks, chart describing scope and sequence for physical education, and lesson plans or learning activities for physical education. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through: Centers for Disease Control and Prevention (CDC)-sponsored professional development, presentation(s) at state conferences or meetings, information-sharing through existing state communication networks, and inclusion of PECAT as best practice in the PLCS Program Review on which all schools must report annually as a part of state accountability.

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs in school districts and schools. The board of education of any district may levy a tax between \$0.04-0.20 on each \$100 valuation of property subject to local taxation to provide a special fund for purchasing, constructing, renovating, or equipping of sites for school buildings and physical education and athletic facilities.¹²³

Class Size: The state's required student-teacher ratio for academic classes is not applicable to physical education.¹²⁴

Online Physical Education Courses: The state does not allow required physical education credits to be earned through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards. Each child's level of physical activity is to be assessed annually using a designated tool, and reported up to the Legislative Research Commission.¹²⁵

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight data, but it provides model policies, policy guidance, or other materials to inform school or district policy on this screening.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels. It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education.¹²⁶ Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is not required in order to maintain/renew one's physical education teacher certification or licensure. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by providing or facilitating mentoring for teachers going through the process and providing an on-going higher level of pay to all teachers who are National Board Certified.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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120 Ky. Rev. Stat. Ann. § 156.160 (2015); 704 Ky. Admin. Regs. 4:010 (2015). Physical education.

121 704 Ky. Admin. Regs. 4:010 (2015). Physical education; 704 Ky. Admin. Regs. 3:305 (2015).

122 704 Ky. Admin. Regs. 4:010 (2015). Physical education.

123 Ky. Rev. Stat. Ann. § 160.476 (2015).

124 Ky. Rev. Stat. Ann. § 157.360 (2015).

125 Ky. Rev. Stat. Ann. § 160.345 (2016).

126 16 Ky. Admin. Regs. 6:010 (2015).

LOUISIANA



Amount of Required Physical Education: The state requires students to take physical education for 150 minutes per week in elementary school and middle school/junior high. The state also requires students in grades 9-12 to take physical education, and students must earn physical education credit for graduation. The state does not have a method for enforcing the physical education requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.5 physical education credits for graduation. This may include physical education I and II, adapted physical education I and II for eligible special education students, or 1.0 physical education credit and 0.5 credit for marching band, extracurricular sports, cheering, or dance team.¹²⁷

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports, Junior Reserve Officer Training Corps (JROTC), marching band, dance team, or cheerleading for required physical education credit. Off-campus athletic training programs may substitute for physical education I and II with permission of the principal if the student participates in the program for an amount of time at least equal to the required instructional minutes necessary to obtain credit and if the program is aligned to the state physical education content standards and GLEs, as verified by the school principal.¹²⁸

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver or exemption from state physical education requirements. Students may apply for an exemption from required physical education for medical reasons.¹²⁹

Physical Activity: The state does not require elementary schools to have daily recess, but requires public schools that include any grades K-8 to provide at least 30 minutes per day of quality moderate to vigorous physical activity for students,¹³⁰ suitably adapted as needed for students with conditions that preclude participation in regular physical activity. The state also encourages, but does not require, any student not enrolled in a physical education course at a public secondary school to participate in at least 30 minutes/day of moderate to vigorous physical activity.¹³¹

Classroom physical activity breaks are not required. The state prohibits the use of withholding physical activity, including recess, as punishment for disciplinary reasons, as well as using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. It does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts must comply.¹³² [The state standards](#) were last revised in 2009.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum, but requires grades 1-8 to provide instruction aligned to state-approved standards.¹³³ It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT).

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The maximum class size for physical education is 40. The system-wide, student classroom teacher ratio in grades K-3 is a maximum of 20 students to one classroom teacher but allows for an exemption for physical education classes.¹³⁴

Grade Point Average (GPA): The state requires physical education grades to be included in a student's overall GPA.

Online Physical Education Courses: The state does not allow students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to the state standards for physical education.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

Certification/licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels. It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis I and II) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and professional development has to be on physical education topics. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: N/A

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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127 La. Admin. Code tit. 28, § 2357 (2015). Physical Education.

128 La. Admin. Code tit. 28, § 2357 (2015).

129 La. Admin. Code tit. 28, § 2357 (2015). Physical Education

130 La. Stat. Ann. § 17:17.1 (2015). Required physical activity in schools; La. Admin. Code tit. 28, § 2313 (2015).

131 La. Stat. Ann. § 17:17.1 (2015). Required physical activity in schools; La. Admin. Code tit. 28, § 2357 (2015). Physical Education.

132 La. Stat. Ann. § 17:17.4 (2015); La. Admin. Code tit. 28, § 101 (2015); La. Admin. Code tit. 28, § 107 (2015).

133 La. Admin. Code tit. 28, § 2313 (2015).

134 La. Admin. Code tit. 28, § 913 (2015).

MAINE



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, but does not specify time or duration.¹³⁵ The state requires high schools to provide physical education but does not have a requirement for the grades (9-12) in which it must be taken in order to fulfill the physical education credit requirement for graduation.¹³⁶ The state does not have a method for enforcing physical education requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 physical education credit for graduation.¹³⁷ Beginning in 2017, the state will move to proficiency-based diploma system and students must demonstrate proficiency in meeting state standards for physical education.¹³⁸

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waivers from state physical education requirements. The state does not permit students to apply for an exemption from required physical education class time or credit.

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/ junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit the use of physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. It does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply. The [Maine Learning Results](#) were adopted in 2007.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum for elementary, middle school/ junior high or high school physical education, but curricula must be aligned with the state standards.¹³⁹ In the past year the state has promoted the following curriculum tools to schools or school district: goals and objectives of physical education, student learning benchmarks, a chart describing scope and sequence for physical education, and lesson plans or learning activities for physical education. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT), through Centers for Disease Control and Prevention (CDC)-sponsored professional development session(s), presentation(s) at state conferences or meetings, and information-sharing through existing state communication networks.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. The state survey reported that there is no additional funding for school districts or schools to improve physical education programs. According to state law, a municipality may raise or appropriate money for physical education or to provide for physical fitness programs in the schools (but does not specify the source).¹⁴⁰ In addition, balance in the state Obesity and Chronic Disease Fund may be used to pay for implementation

(e.g., equipment, staff training, and personnel) of a new physical education program for elementary schools.¹⁴¹

Class Size: The state has a required student-teacher ratio for academic classes that applies to physical education.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online courses.

Student Assessment Requirements: The state department of education is to implement a statewide system of learning results that establish parameters for physical education instruction. Each school year the superintendent must certify to the Commissioner that the local assessment system meets appropriate standards.¹⁴² The state requires annual student assessment related to the state physical education standards in grades 1-8. Students are assessed in National Standards 1-5 listed above. Individual student results are shared with each student's parent/guardian, and aggregate results are used to inform school district or school long-term strategic planning.

Fitness Assessment: The state does not require student physical fitness assessment, but any data collected are shared at the school level (e.g. to students, parents, principal).

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight, but it does provide model policies, policy guidance, or other materials to inform school or district policy on this screening.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels, and online physical education courses. It also requires physical education teachers to pass a physical education certificate/

licensure exam (Praxis I and II) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but the professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<0.5 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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135 Me. Stat. tit. 20-a, § 4711 (2015). Elementary course of study; Me. Stat. tit. 20-a, § 4712 (2015). Junior high school or middle school course of study.

136 Me. Stat. tit. 20-a § 4723 (2015). Health and physical education; Me. Stat. tit. 20-a, § 4721 (2015). General requirement.

137 05-071-127 Me. Code R. § 7 (2015). Conditions for Awarding Diplomas.

138 Me. Stat. tit. 20-a, § 4722-A (2015). Proficiency-based diploma standards.

139 05-071-127 Me. Code R. § 5 (2015); 05-071-127 Me. Code R. § 6 (2015); 05-071 Me. Code R. § 7 (2015).

140 Me. Stat. tit. 30-a, § 5724 (2015).

141 Me. Stat. tit. 20-a, § 6631 (2015).

142 Me. Stat. tit. 20-a, § 6209 (2015); 05-071-127 Me. Code R. § 4 (2015).

MARYLAND



Amount of Required Physical Education: The state requires students to take physical education in grades K-8 and requires high schools to provide physical education, but does not specify a time or duration.¹⁴³ The state requires high school students to earn physical education credit for graduation but does not have a requirement for the grades (9-12) in which the credit must be fulfilled. The state enforces the physical education requirements by means of a local superintendent certifying the program through a checklist every five years.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage required physical education instruction.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credits for graduation.¹⁴⁴

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waivers from state physical education requirements. The state does not permit students to apply for an exemption from required physical education class time or credit.

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/ junior high, or high school students, though physical activity is included in the wellness policy. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. The state also monitors the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply. [The standards](#) were undergoing revision in 2015.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires local school systems to use curricula that is aligned with the state standards for grades K-8 and that enable students to meet graduation requirements and select physical education electives for grades 9-12.¹⁴⁵ Local school systems make decisions about time, instructional materials, and activities that will meet the state standards. The state requires curricula to be reviewed and/or revised every five years. In the past year the state has distributed goals and objectives of physical education curriculum to schools or school districts. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT), through Centers for Disease Control and Prevention (CDC)-sponsored professional development session(s) and information-sharing through existing state communication networks.

State Funding for Physical Education Programs: The state Comptroller can charge against and pay from the General State School Fund annual appropriations for physical education and recreation.¹⁴⁶

Class Size: The state does not have a required student-teacher ratio for academic classes/physical education.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses when a Department-approved online course is provided by the local school system.¹⁴⁷

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect students BMI or height and weight data.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels, and online courses. It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but the professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state actively promotes and encourages teachers to register for the National Board Certification process.

District Physical Education Coordinator: The state does not require each local school system to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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143 Md. Code Ann., Educ. § 7-409 (2015).
144 Md. Code Regs. 13A.03.02.03 (2015).
145 Md. Code Regs. 13A.04.13.01 (2015).

146 Md. Code Ann., Educ. § 5-201 (2015).
147 Md. Code Regs. 13A.03.02.04 (2015).

MASSACHUSETTS



Amount of Required Physical Education: The state requires students to take physical education in grades K-12, but does not have a requirement for the minimum number of minutes.¹⁴⁸ The state enforces the physical education requirements using an Annual Review/Problem Resolution System.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state does not have a requirement for the number of high school physical education credits needed for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports for required physical education participation or credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may apply for an exemption from required physical education for medical reasons or religious beliefs.¹⁴⁹

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly/daily amount of physical activity for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state prohibits the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It also prohibits using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency.

State Standards: The state has adopted a [Comprehensive Health Framework](#) which includes standards for physical education yet school districts are not required to comply. The standards were last updated in 1999.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic classes/physical education.

Student Assessment: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state requires schools to collect BMI and height and weight for each student. The state provides model policies, policy guidance, or other materials to inform school or district policy on this screening. Individual student results are sent to parents and aggregate school results are sent to the state department of health.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the middle school/junior high and high school levels.¹⁵⁰ It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state does not have a teacher evaluation system for all teachers.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

Contact Person: N/A

148 Mass. Gen. Laws ch. 71, § 3 (2015).

149 Mass. Gen. Laws ch. 71, § 3 (2015).

150 603 Mass. Code Regs. 7.06 (2015).

MICHIGAN



Amount of Required Physical Education: The state requires elementary, middle school/junior high, and high schools to provide students with physical education and maintains that students who are “physically fit and capable of doing so” are to take physical education,¹⁵¹ but does not have a requirement for the number of minutes. High school students must earn physical education credit for graduation. The state does not have a method for enforcing the physical education requirements. The state has a policy regarding physical education that was passed by the State Board of Education.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn at least 1.0 credit in subject matter including both health and physical education, or at least 0.5 credit in health and 0.5 credit in approved participation in extracurricular athletics or other extracurricular activities involving physical activity.¹⁵²

Substitutions: The state permits school districts or schools to allow students to substitute other activities for required physical education. A school district may credit a student’s participation in extracurricular athletics or other extracurricular activities involving physical activity as meeting the physical education requirement.¹⁵³ Other substitutions may be determined at the local level; the department of education strongly recommends that local districts put a policy in place outlining what will or will not be accepted for the credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. An individual student’s physical education requirement may be modified as part of a personal curriculum where the student is required to complete an additional credit in either a core content subject area or a career and technical education program.¹⁵⁴

Physical Activity: The state does not require elementary schools to provide daily recess, and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. There is a State Board of Education policy regarding physical activity time for students.

Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency, but does not require the policy to be posted online for the public. The state does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts must comply. [The Physical Education Content Standards and Benchmarks](#) were last revised in 2008.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT), by way of information-sharing through existing state communication networks.

State Funding for Physical Education Programs: School district appropriations fund the state’s physical education programs in school districts and schools. Additional funding is available from various state and national grants. Grants vary in both the amount of funding available and the expenses for which awarded funds are eligible.

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards. A State Board of Education policy covers student assessment in physical education. Individual student assessment results are sent to each student's parent/guardian.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight data.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels, and to teach online physical education courses. It requires teachers in any content area (including physical education) to pass the Michigan Test for Teacher Certification to obtain endorsements. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but the professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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151 Mich. Comp. Laws § 380.1502 (2015) ("each pupil attending public school in this state who is physically fit and capable of doing so shall take the course in physical education;" but see Op.Atty.Gen.1985, No. 6279, 1985 WL 200582).

152 Mich. Comp. Laws § 380.1278a (2015). Requirements for high school diploma.

153 Mich. Comp. Laws § 380.1502 (2015).

154 Mich. Comp. Laws § 380.1278b (2015).

MINNESOTA



Amount of Required Physical Education: The state requires students to take physical education in grades K-8,¹⁵⁵ but does not have a requirement for the number of minutes. High schools are required to provide physical education and students are required to participate in physical education once during high school. The state does not have a method of enforcing the physical education requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state does not have a requirement for the number of high school physical education credits needed for graduation.

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for required physical education.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from the state physical education requirements. Students may apply for an excused absence from physical education for all or part of the school year for medical reasons or religious beliefs.¹⁵⁶

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency, but they are required to post the policy online for the public. The state monitors implementation of local school wellness policies through food and nutrition site visits.

State Standards: The state has adopted the [National Standards for Physical Education developed by the National Association for](#)

[Sports and Physical Education](#). The state is using the 2004 National Standards; the standards were revised in 2013 but have not yet been legislated.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with the state standards for physical education, but does not require a specific curriculum. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through existing state communication networks and presentations at state conferences or meetings.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. A school board is authorized to require payment of fees for physical education and athletic equipment and apparel.¹⁵⁷ Additional funding is available from the State Health Improvement Program within the Minnesota Department of Health. Funding amounts are determined at the local public health level and may be used for professional development and equipment purchases.

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: Students may apply for approved online learning courses.¹⁵⁸ The state allows students to

earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment in physical education. School districts make local level decisions on student assessment related to physical education.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight, but it provides model policies, policy guidance, or other materials to inform school or district policy on this screening.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels,¹⁵⁹ and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (Minnesota Teaching Licensing Examinations) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: The state requires professional development for physical education teachers on physical education topics, but does not provide any events or funding for professional development specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers including physical educators.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process.

District Physical Education Coordinator: The state has designated staffing at the state level (<0.5 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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155 Minn. Stat. § 120A.22, subdiv. 9 (2015); Minn. Stat. § 120A.22, subdiv. 5 (2015).

156 Minn. Stat. § 120A.22, Subdiv. 12(a) (2015).

157 Minn. Stat. § 123B.36, subdiv. 1 (2015).

158 Minn. Stat. § 124D.095, subdiv. 3 (2015); PE. 120B.30 STATEWIDE TESTING AND REPORTING SYSTEM.

159 Minn. R. 8710.3200 (2015); Minn. R. 8710.4700 (2015).

MISSISSIPPI



Amount of Required Physical Education: The state survey reported that elementary and middle school/junior high students are required to take physical education for 50 minutes per week. State law specifies 150 minutes per week of activity-based instruction as defined by the State Board of Education in grades K-8,¹⁶⁰ through a combination of physical education, physical activity, and activity based instruction.¹⁶¹ High school students must earn physical education credit for graduation. The Office of Healthy Schools monitors the health and physical education programs in conjunction with the child nutrition audits.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 0.5 credit in physical education for graduation.¹⁶²

Substitutions: The state permits school districts or schools to allow students in grades 7-8 to substitute extracurricular activities that are sanctioned by the state high school activities association and Junior Reserve Officer Training Corps (JROTC), if attendance is kept, instruction is based on at least one competency from the state physical education framework, and licensed staff supervises practice and games. Students in grades 9-12 may substitute the first two JROTC courses for their required graduation credit if instruction includes all of the health components included in the JROTC I and JROTC II curriculums and the JROTC teachers are licensed by the Mississippi Department of Education with the 499 endorsement code.¹⁶³

Exemptions/Waivers: The state does not permit schools or school district to apply for a waiver from state physical education requirements. Students may apply for an exemption for medical reasons, documented by a physician's completion of the school's medical release form.¹⁶⁴

Physical Activity: The state does not require elementary schools to provide daily recess, but it requires at least 150 minutes per week of activity-based instruction (as defined by the state board of education) for both elementary and middle school/junior high students. There is no such requirement for high school students. The state does not require classroom physical activity breaks. The state does not prohibit the use of withholding physical

activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency but does not require the policy to be posted online for the public. The state monitors the implementation of local school wellness policies.

State Standards: [The state's standards for physical education](#) were last revised in 2013. All instruction in physical education must be based on the most current state standards provided by the state department of education.¹⁶⁵

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state department of health is to work with the state department of education to develop a Comprehensive School Health Education Program for K-12, including physical education and fitness curriculum.¹⁶⁶ Instruction in physical education must be based on state standards for physical education as provided in the Mississippi Physical Education Framework.¹⁶⁷ The state requires that curricula be revised every six years. In the past year it has distributed a written physical education curriculum to schools and school districts. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through Centers for Disease Control and Prevention (CDC)-sponsored professional development session(s).

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs

in school districts and schools. Subject to the availability of funds, the Office of Healthy Schools can provide financial incentives to schools receiving recognition through the US Department of Agriculture HealthierUS School Challenge initiative for purposes of funding the resources and staff training needed to meet healthy eating, nutrition education, and physical education guidelines.¹⁶⁸

Class Size: The state recommends a physical education class ratio of 35:1 for schools that are K- 5 and a ratio of 40:1 for grades 6-12. If there is a licensed teacher and a teacher assistant, the maximum recommended physical education class size is ≤70 students for grades K-5 and ≤80 students for grades 6-12.¹⁶⁹

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state does not allow required physical education credits to be earned through online physical education courses.

Student Assessment Requirements: The state requires student assessment related to the state physical education standards in grades 5 and the grade in which the student received high school graduation credit.¹⁷⁰ Students are assessed in the areas of National Standards 1-5 listed above.

Fitness Assessment: The state requires student physical fitness assessment in grade 5 and the high school grade in which the student will earn the 0.5 credit for graduation. The state does not require a particular assessment tool but cites FITNESSGRAM®, ACTIVITYGRAM®, Presidential Youth Fitness Program, or other comparable program.¹⁷¹ Fitness assessment results data are not shared.

Body Mass Index (BMI): The state does not require schools to collect BMI or students' height and weight.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the high school level.¹⁷² It also requires physical education teachers to pass a

physical education certificate/licensure exam (Praxis II) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but the professional development does not have to be on physical education topics. The state provides professional development events and/or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers including physical educators.

National Board Certification: The state supports the National Board Certification process by providing or facilitating mentoring for teachers going through the process, providing partial funding only if the teacher receives board certification, and providing an on-going higher level of pay to all teachers who are National Board Certified.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing at the state level (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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160 Miss. Code Ann. § 37-13-134 (2015).

161 7-3 Miss. Code R. § 4012 (2015).

162 Miss. Code Ann. § 37-13-134 (2015); 7-3 Miss. Code R. § 4012 (2015).

163 7-3 Miss. Code R. § 4012 (2015).

164 7-3 Miss. Code R. § 4012 (2015).

165 Miss. Code Ann. § 37-13-134 (2015).

166 Miss. Code Ann. § 37-13-131 (2015).

167 7-3 Miss. Code R. § 4012 (2015).

168 Miss. Code Ann. § 37-11-8 (2015).

169 7-3 Miss. Code R. § 4012 (2015).

170 7-3 Miss. Code R. § 4012 (2015).

171 7-3 Miss. Code R. § 4012 (2015).

172 7-3 Miss. Code R. § 4012 (2015).

MISSOURI



Amount of Required Physical Education: The state requires students to take 50 minutes of physical education per week in grades K-5¹⁷³ and to receive at least 150 minutes of moderate physical activity per week, which may include recess and physical education time.¹⁷⁴ Students in grades 6-8 are required to receive 3,000 minutes of physical education over the course of the school year. High school students must earn physical education credit for graduation.¹⁷⁵ School districts are held accountable to state physical education mandates by an annual assessment of their educational outcomes that is reviewed annually by the Department of Elementary and Secondary Education.¹⁷⁶

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.¹⁷⁷

Substitutions: The state permits school districts or schools to allow students to substitute Junior Reserve Officer Training Corps (JROTC) for their required physical education credit. The state does not permit interscholastic sports to be substituted,¹⁷⁸ but it also acknowledges that students' individual situations may require consideration of variances or alternatives for meeting the state's graduation requirements. Local school boards may consider these situations through established policies and procedures.¹⁷⁹

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. The state permits students to apply for an exemption from required physical education for medical reasons or as specified in an IEP or 504 plan. This decision would be made at the local level and an alternate physical education program would typically be provided rather than an exemption.

Physical Activity: The state requires elementary schools to provide daily recess for a minimum of 20 minutes as well as at least 150 minutes per week of physical activity time which can include recess and physical education.¹⁸⁰ Middle school/junior high school students may participate (at the school's discretion) in up to 225 minutes of physical activity time per school week.¹⁸¹ The state does not require a minimum weekly amount of physical activity time for high school students. Classroom physical activity breaks are

not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency. It does not monitor implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts must comply. [The Grade Level Expectations for Physical Education](#) were last revised in 2007.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with state standards, but the choice of curricula is determined at the local level. In the past year the state has distributed grade-level expectations to schools or school districts. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT).

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs in school districts and schools. Certain school district boards may raise funds for supplies as designated by the commissioner of education.¹⁸²

Class Size: The state specifies a required student-teacher ratio for academic classes, but allows physical education courses to have more students (up to 45 in high school classes) as long as there is

adequate supervision. Full-time elementary physical educators are to serve ≤750 students per week.¹⁷³

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits to be earned through online physical education courses.

Student Assessment Requirements: Local education agencies collect and report data on aerobic capacity, muscular strength, endurance, and flexibility for students in grades 5, 7, and 9. Public schools are encouraged to assess student physical fitness at all grade levels.¹⁸⁴ Aggregate school-level and school district-level results data are sent to the state department of education.

Fitness Assessment: The state requires student physical fitness assessment in grades 5, 7, and 9 using FITNESSGRAM®. Results are shared with the state department of education.

Body Mass Index (BMI): The state does not require collection of student BMI or height and weight, but it provides model policies, policy guidance, or other materials to inform school or school district policy on this screening.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels. It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis) before they are endorsed to teach physical education.¹⁸⁵ Elementary classroom teachers (generalists) may not teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports National Board Certification, but no longer provides funding.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing at the state level to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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173 Mo. Code Regs. Ann. tit. 5, § 20-100.255, App. A (2015).

174 Mo. Ann. Stat § 167.720 (2015).

175 Mo. Code Regs. Ann. tit. 5, § 20-100.255, App. A (2015); Resource Standards for Missouri Public School Districts; Mo. Code Regs. Ann. tit. 5, § 20-200.260 (2015).

176 Mo. Code Regs. Ann. tit. 5, § 20-100.105 (2015).

177 Graduation Requirements for Students in Missouri Public Schools, Mo. Dept. of Elementary and Secondary Educ., 23 (2015) available at <http://dese.mo.gov/sites/default/files/Graduation%20Handbook.pdf>; Mo. Code. Regs. Ann. tit. 5, § 20-100.190 (2015); Graduation Requirements for Students in Public High Schools.

178 Graduation Requirements for Students in Missouri Public Schools, Mo. Dept. of

Elementary and Secondary Educ., 23 (2015) available at <http://dese.mo.gov/sites/default/files/Graduation%20Handbook.pdf>.

179 Mo. Code. Regs. Ann. tit. 5, § 20-100.190 (2015); Graduation Requirements for Students in Missouri Public Schools.

180 Mo. Ann. Stat § 167.720 (2015).

181 Mo. Ann. Stat § 167.720 (2015).

182 Mo. Ann. Stat. § 170.041 (2015).

183 Mo. Code Regs. Ann. tit. 5, § 20-100.255, App. A (2015). Resource Standards for Missouri Public School Districts.

184 Mo. Code Regs. Ann. tit. 5, § 20-200.290 (2015).

185 Mo. Code Regs. Ann. tit. 5, § 20-400.280, App. A (2015).

MONTANA



Amount of Required Physical Education: The state requires students to take physical education in grades K-8 and requires high school students to earn physical education credit for graduation. The state requires middle school/junior high students to take 225 minutes of physical education per week. The state does not have a method for enforcing the requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 health-enhancement unit (0.5 units each year for two years) for graduation.¹⁸⁶ Health enhancement combines the disciplines of health education and physical education into a single curriculum with its focus on health-related outcomes.

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. At the local level, students can receive an exemption for any class/subject, including physical education, based on individual student needs and performance levels. These requests are considered with respect to age, maturity, interests, and aspiration of the students and are in consultation with the parents/guardians.

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency, but does not require the policy to be posted online for the public. The state monitors implementation of local

school wellness policies every three years during an administrative review of school nutrition programs, during which documentation must be provided to support information about when and how the review and update of the policy occurs.

State Standards: The state has adopted standards for physical education, the [Montana Health Enhancement Standards](#).¹⁸⁷ The standards were last revised in 2001. Revised Health Enhancement standards are expected to be adopted by the Board of Public Education in July 2016.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum. Local school districts have the option of using a commercial curriculum of their choice and must be revised and/or reviewed every five years. In the past year the state has provided the revised Health Enhancement Standards in draft form at the annual SHAPE Montana conference. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through existing state communication networks and presentation(s) at state conferences or meetings.

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state's required student-teacher ratio for academic classes is applicable to physical education.

Grade Point Average (GPA): The state does not require any class grades, including physical education to be included in a student's GPA. This determination is made at the local level.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect students BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the high school level and for teaching online courses. It does not require physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education, but does have Professional Educator Preparation Program Standards for physical education.¹⁸⁸ Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but the professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state does not have a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by providing a one-time monetary bonus if the teacher receives board certification and one or more forms of non-monetary recognition for National Board Certified teachers.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing at the state level to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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¹⁸⁶ Mont. Admin. R. 10.55.905 (2015).

¹⁸⁷ Mont. Admin. R. 10.54.7010 (2015).

¹⁸⁸ Mont. Admin. R. 10.58.520 (2015).

NEBRASKA

Amount of Required Physical Education: The state requires students to take physical education in grades K-8 but does not have a requirement for the number of minutes. High schools are required to provide physical education. The state survey reported that students in grades 9-12 are not required to take physical education. State law specifies that secondary school students must complete 20 instructional units or two years of daily classes in personal health and physical fitness.¹⁸⁹ The state enforces the physical education requirements using the school improvement process.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state does not have a requirement for the number of high school physical education credits needed for graduation.

Substitutions: The state survey reported that schools or school districts are permitted to allow students to substitute interscholastic sports, Junior Reserve Officer Training Corps (JROTC), or marching band for required physical education participation or credit. State law specifies that in middle and secondary schools, practice for and participation in interscholastic athletic activities are not accepted as a substitute for any part of the personal health and physical fitness requirement.¹⁹⁰

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. The Nebraska Board of Education has authority to grant these waivers, and the waiver is effective for one year. Students may apply for an exemption from required physical education class time or credit for medical reasons.

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. Nebraska does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. The state does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted [standards for physical education](#). The standards were last revised in 2006 and are undergoing revision in 2016.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum, but it provides guidance regarding areas that must be covered by the curriculum.¹⁹¹ In the past year it has distributed the following curriculum tools to schools or school districts: goals and objectives of physical education programs, student learning benchmarks, a chart describing scope and sequence for physical education, written physical education curriculum, lesson plans or learning activities for physical education, the Physical Best Activity Guide, and (to high schools only) Fitness for Life. Nebraska has promoted use of the Physical Education Curriculum Analysis Tool (PECAT), through existing state communications networks and through professional development session(s) sponsored by the Centers for Disease Control and Prevention (CDC), presentation(s) at state conferences or meetings, and curriculum mapping workshops.

State Funding for Physical Education Programs: General education funding is available for the state's physical education

programs in school districts and schools. No additional funding for is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: N/A

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state requires schools to collect height and weight data for each student. BMI data is collected in grades 1-4, 7, and 10. BMI data is used by individual school districts. The state provides model policies, policy guidance, or other materials to inform school or district policy on this screening.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the middle school/junior high and high school levels.¹⁹² It does not require physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is not required in order to maintain/renew one's physical education teacher certification or licensure, but the state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state does not have a teacher evaluation system.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing at the state level (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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188 92 Neb. Admin. Code § 10-004 (2015).

190 92 Neb. Admin. Code § 10-004 (2015).

191 92 Neb. Admin. Code § 10-004 (2015).

192 92 Neb. Admin. Code § 24-006 (2015).

NEVADA

Amount of Required Physical Education: The state requires elementary, middle school/junior high, and high schools to provide physical education to students, and the State Board of Education “prescribes” physical education for elementary students.¹⁹³ The state does not have a requirement for the number of minutes. High school students must earn physical education credit for graduation.¹⁹⁴

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 2.0 credits in physical education for graduation.¹⁹⁵

Substitutions: The state permits school districts or schools to allow students to substitute a maximum of one credit in physical education for participation in at least 120 hours of a school-sponsored activity, including interscholastic sports, drill team, marching band, dance group, cheerleading,¹⁹⁶ Junior Reserve Officer Training Corps (JROTC), or community sports.

Exemptions/Waivers: The state does not allow schools or school districts to apply for a waiver from state physical education requirements. Students may receive an exemption from physical education for medical reasons, religious beliefs, or enrollment in the Reserve Officer Training Corps. An exemption may also be granted for a student’s intended enrollment in a program comparable to the physical education course. In this case, the school district must provide the program’s syllabus for approval by the Superintendent of Public Instruction.¹⁹⁷

Physical Activity: The state does not require elementary schools to provide daily recess, but the 2015 Nevada Statewide Wellness Policy requires schools to provide 30 minutes of physical activity opportunity for all students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. Districts

must adopt the 2014 statewide wellness policy or create their own policy that is as strong as or stronger than the statewide policy. The state Department of Agriculture monitors the implementation of local school wellness policies.

State Standards: The state directs a council to establish standards of content and performance for a number of subjects, including physical education.¹⁹⁸ All school districts must comply with the [Nevada Academic Content Standards for Physical Education](#), which were last revised in 2014.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum. In the past year it has distributed a chart describing scope and sequence for physical education to schools or school districts. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to school districts or schools.

State Funding for Physical Education Programs: General education funding is available for the state’s physical education programs in school districts and schools. Grant funding is also available for physical education programs.

Class Size: The state survey reported that there is not a required student-teacher ratio for academic classes. State law specifies a ratio for some classes, but lists physical education as exempt from this requirement.¹⁹⁹

Grade Point Average (GPA): The state requires physical education grades to be included in a student’s GPA.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses.

Student Assessment Requirements: The state does not require student assessment directly related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

Certification/Licensure of Physical Education Teachers:

The state does not require a physical education elementary license to teach physical education in grades K-8, but a school district may require it.²⁰⁰ The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the middle school/junior high and high school levels. It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis II Physical Education exam) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by providing a one-time monetary bonus if the teacher receives board certification and providing an on-going higher level of pay to all teachers who are national board certified.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. The state does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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193 Nev. Rev. Stat. §§ 389.018, 389.195 (2015).

194 Nev. Admin. Code § 389.450 (2015).

195 Nev. Admin. Code § 389.664 (2015).

196 Nev. Admin. Code § 389.488 (2015).

197 Nev. Admin. Code § 389.488 (2015).

198 Nev. Rev. Stat. § 389.520 (2015).

199 Nev. Rev. Stat. § 388.700 (2015).

200 Nev. Admin. Code § 391.096 (2015).

NEW HAMPSHIRE



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, and directs local school boards to adopt a time schedule for physical education in each school.²⁰¹ All high schools are required to provide students with physical education, and students must earn physical education credit for graduation.²⁰² Schools must demonstrate compliance with the requirements²⁰³ by completing an annual state department of education-issued survey. If minimum requirements are not met, an alternative must be described. The state department of education follows up with annual site visits to 10 percent of schools each year to confirm accuracy and/or acceptability of the school's survey responses.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.²⁰⁴

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for their required physical education participation or credit.

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. Students may receive an exemption from required physical education credit.²⁰⁵ The commissioner of education may grant individual students an exemption from required physical education credit upon receipt of a written request from a local school board. The commissioner may grant an exemption for medical reasons or if the student moves into a state school district from another state during grade 12 and is not able to complete the graduation requirement.

Physical Activity: The state directs each school district board to develop and adopt a daily physical activity policy that may include recess and does not replace required physical education. The state does not specify a minimum weekly amount of physical activity for elementary, middle school/junior high, or high school students. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. It does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply. [The New Hampshire K-12 Physical Education Guidelines](#) were adopted in 2005.

The state's Minimum Standards for School Approval rules embed the following national standards in the regulations that address what schools should provide in their programs:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with state and/or national standards for physical education, but the choice of curriculum is a local decision.²⁰⁶ In the past year the state distributed a physical education competencies scope and sequence, vetted by a state physical education consultant, to teachers during a state professional development session. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state's required student-teacher ratio for academic classes is applicable to physical education.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's overall GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.²⁰⁷

Student Assessment Requirements: The state requires ongoing student assessment of student learning outcomes²⁰⁸ in grades 1-12, but does not set specific requirements for areas to be assessed (other than graduation competencies).²⁰⁹ Individual student results are sent to parents/guardians. In addition, schools must demonstrate how school and student assessment data are used to evaluate, develop, and improve curriculum, instruction, and assessment.

Fitness Assessment: The state does not require student physical fitness assessment but it is still considered a best practice and is included in some schools' curriculum.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis II) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by providing a link to National Board for Professional Teaching Standards homepage from its Bureau of Credentialing web page.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<0.5 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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201 N.H. Code Admin. R. Ed. 306.26 (2015).

202 N.H. Code Admin. R. Ed. 306.41 (2015); N.H. Rev. Stat. Ann. § 189:10 (2015); N.H. Rev. Stat. Ann. § 189:11-a (2015); N.H. Rev. Stat. Ann. § 193-E:2-a (2015); N.H. Code Admin. R. Ed. 306.411 (2015); N.H. Code Admin. R. Ed. 306.04 (2015).

203 N.H. Rev. Stat. Ann. § 193-E:3-b (2015).

204 N.H. Code Admin. R. Ed. 306.27 (2015).

205 N.H. Code Admin. R. Ed. 306.27 (2015).

206 N.H. Code Admin. R. Ed. 306.27 (2015); N.H. Code Admin. R. Ed. 306.41 (2015).

207 N.H. Code Admin. R. Ed. 306.27 (2015).

208 N.H. Code Admin. R. Ed. 306.41 (2015).

209 N.H. Code Admin. R. Ed. 306.26 (2015).

NEW JERSEY



Amount of Required Physical Education: The state requires students to take 150 minutes per week of “health, safety and physical education” in elementary, middle school/junior high, and high school.²¹⁰ High school students must earn physical education credit for graduation. The requirements are enforced using a department monitoring/review process.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: District boards are required to develop and implement local graduation requirements that include 3.75 credits in health, safety, and physical education during each year of enrollment, distributed as 150 minutes per week.²¹¹

Substitutions: The state permits school districts or schools to allow students to substitute other activities for their required physical education credits. Local districts are responsible for determining the activities that are permitted for substitution.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may not apply for an exemption from required physical education. Specially-designed physical education services will be made available as necessary to any student with a disability.²¹²

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. The state monitors the implementation of local school wellness policies through the Department’s monitoring/review process.

State Standards: The state has adopted standards for physical education. [The New Jersey Core Curriculum Content Standards for](#)

[Comprehensive Health and Physical Education](#) were last revised in 2014.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with the state standards for physical education. Curricula must be reviewed and/or revised every five years. In the past year the state has distributed a model physical education curriculum and a chart describing the scope and sequence for physical education to schools and school districts. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through state communication networks.

State Funding for Physical Education Programs: General education funding is available for the state’s physical education programs in school districts and schools. The state survey reported no additional funding for physical education programs. State law indicates that multi-purpose physical education fields, playgrounds, and playground equipment are eligible for state support if they are part of a project consisting of new construction for unhoused students or if existing facilities are being rehabilitated to support the Core Curriculum Content Standards for physical education teaching stations.²¹³

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average (GPA): The state requires physical education grades to be included in a student’s GPA.²¹⁴

Online Physical Education Courses: N/A

Student Assessment Requirements: The state requires student assessment in physical education in grades 1-12. Assessments measure grade level expectations aligned to state standards. Individual student results are sent to parents/guardians.

Fitness Assessment: N/A

Body Mass Index (BMI): The state requires schools to collect height and weight data for each student. It does not provide model policies, policy guidance, or other materials to inform school or district policy on this screening.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels.²¹⁵ It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: N/A

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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210 N.J. Stat. Ann. § 18A:35-7 (2015); N.J. Stat. Ann. § 18A:35-5 (2015); N.J. Stat. Ann. § 18A:35-8 (2015).

211 N.J. Admin. Code § 6A:8-5.1 (2015).

212 N.J. Admin. Code § 6A:14-4.1 (2015).

213 N.J. Admin. Code § 6A:26-3.2 (2015).

214 N.J. Stat. Ann. § 18A:35-7 (2015).

215 N.J. Admin. Code § 6A:9B-9.2 (2015).

NEW MEXICO

Amount of Required Physical Education: State law specifies that school districts and charter schools are required to develop and implement a policy that addresses student and school employee wellness through a coordinated school health approach. The policy must be submitted to the public education department for approval and include a planned, sequential, K-12 physical education curriculum aligned with the state content standards with benchmarks and performance standards.²¹⁶ The state supports some districts to have standalone physical education classes. High schools are required to provide students with physical education, and students must earn physical education credit for graduation. Districts determine the grade (9-12) in which physical education must be taken.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.²¹⁷

Substitutions: The state permits schools or school districts to allow students to substitute interscholastic sports, Junior Reserve Officer Training Corps (JROTC), marching band, or sports sanctioned by the New Mexico Activities Association for required physical education participation or credit.

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. The secretary of education may exempt a student from the physical education graduation requirement upon a request, using the department's physical education exemption request form, by the local superintendent or charter school administrator with documentation of medical reasons that contraindicate a student's physical activity from a licensed medical doctor, osteopath, certified nurse practitioner with prescriptive authority, or chiropractor.²¹⁸ Students receiving special education supports and services pursuant to the Individuals with Disabilities Education Act or section 504 of the federal Rehabilitation act may also be eligible to request an exemption when appropriate medical documentation is provided in an Individualized Education Program. Students may also apply for an exemption from required physical education for medical reasons.

Physical Activity: The state does not require elementary schools to provide daily recess. The state physical education content standards with benchmarks and performance standards address physical activity time, but do not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Each school district's wellness policy must include guidelines to provide physical activity opportunities to students before, during and after school.²¹⁹ Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit the use of physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. The state monitors the implementation of local school wellness policies by requiring each school district and charter school to submit its policy to the public education department for approval. Wellness policies are also monitored on a three-year rotating cycle.

State Standards: The state has adopted standards for physical education.²²⁰ [The K-12 Public Education Department Content Standards with Benchmarks and Performance Standards](#) were last revised in 2009.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not review or recommend curricula but requires local education agencies to adopt curricula that align with state standards.²²¹ In the past year it has distributed

lesson plans or learning activities for physical education to schools or school districts. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. A formula determines the amounts provided to school districts and schools to support physical education as a graduation requirement and hiring of licensed instructors endorsed in physical education. Elementary physical education programs are eligible for funding if the programs: 1) are in schools with the highest proportion of students most in need (based on the percentage of students eligible for free or reduced-fee lunch or grade-level schools that serve an entire school district and in public schools with available space), 2) meet academic content and performance standards for elementary physical education programs, and 3) use teachers with a license endorsement for physical education. The department determines what programs will receive state financial support each year in accordance with funding available.²²²

Class Size: The state's required student-teacher ratio for academic classes is applicable to physical education. The student-teacher daily teaching load for all subjects in high school cannot exceed 160 students per day.

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state requires student assessment related to the state physical education standards in grades 9-12. Students are assessed in the areas of National Standards 1-5 listed above. End of Course Exams are required and a Student Performance Assessment (SPA) may be used. Aggregate data for the school and school district are sent to the state department of education and are used to inform school district or school's long-term strategic planning, School Improvement Plans, and wellness policies. Aggregate data are also shared publicly and individual student results are sent to parents/guardians.

Fitness Assessment: The state does not require student physical fitness assessment.

216 N.M. Code R. § 6.12.6.8 (2015).
217 N.M. Stat. Ann. § 22-13-1.1 (2015).
218 N.M. Code R. § 6.29.1.9 (2015).
219 N.M. Code R. § 6.12.6.8 (2015).

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

Certification/licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels, and to teach online physical education courses.²²³ It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. This involves National Evaluation Series Tests including a Content Knowledge Assessment and coursework for the first endorsement. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is not required in order to maintain/renew one's physical education teacher certification or licensure, but the state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register. It determines funding, additional compensation, and bonuses at the school district level.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<0.5 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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220 N.M. Code R. § 6.29.9.6-10 (2015).
221 N.M. Stat. Ann. § 22-13-1 (2015); N.M. Code R. § 6.29.1.11 (2015).
222 N.M. Stat. Ann. § 22-13-1.7 (2015).
223 N.M. Code R. § 6.64.14.6-9 (2015).

NEW YORK



Amount of Required Physical Education: The state requires students to take physical education for 120 minutes per week in grades K-6. In middle school/junior high and high school, the state requires at least 90 minutes per week of physical education, not less than three times per week in one semester and not less than two times per week in the other semester.²²⁴ Compliance reviews are conducted periodically by the State Comptroller's office.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 2.0 credits in physical education graduation.²²⁵

Substitutions: The state permits but does not recommend school districts or schools to allow students in grades 10-12 to substitute interscholastic sports for required physical education participation or credit provided that the student demonstrates acceptable levels of physical fitness, physical skills, and knowledge of physical education activities.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may not apply for an exemption from required physical education.

Physical Activity: The state does not require elementary schools to provide daily recess, and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state prohibits the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It also prohibits using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. Implementation is monitored through the Office of Nutrition at the State Education Department and Student Support Services.

State Standards: The state has adopted standards for physical education. [The standards](#) were last revised in the late 1990s.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Other: Students will understand and be able to manage their personal and community resources.

State Curriculum: The state requires schools and school districts to use a curriculum aligned with both national and state standards, but the choice of curriculum is a local decision. The state recommends review and/or revision of curriculum at least every seven years. In the past year the state has distributed a template and information outlining regulation expectations; it also provides continuous technical assistance to districts. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through existing state communication networks.

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs in school districts and schools. Funding amounts and approved uses are determined at the local level. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses.

Student Assessment Requirements: The state requires continuous assessment of individual student need and progress. A cumulative record is maintained for each student covering the essential features of the physical education program.²²⁶ Students are assessed in National Standards 1-5 listed above; the use of assessment results is determined at the local level.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state requires schools to collect BMI for each student in grades Pre-K-K, 2, 4, 7, and 10. It provides model policies, policy guidance, or other materials to inform school or district policy on this screening. Individual student results are sent to parents and aggregate data for the school district are shared publicly and with the state department of health. BMI collection is under the direction of school health services, not physical education.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (edTPA, Educating All Students (EAS), Academic Literacy Skills Test (ALST), and Content SpecialtyTest) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes and do not have to be state certified/licensed and endorsed to teach physical education.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state encourages but does not require physical educators to become certified through the National Board Certification process.

District Physical Education Coordinator: The state requires each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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224 N.Y. Comp. Codes R. & Regs. tit. 8, § 135.4 (2015).

225 N.Y. Comp. Codes R. & Regs. tit. 8, § 100.5 (2015).

226 N.Y. Comp. Codes R. & Regs. tit. 8, § 135.4 (2015).

NORTH CAROLINA



Amount of Required Physical Education: The state survey reported that the state does not require elementary or middle school/junior high schools to provide students with physical education. It also reported that high schools are required to provide physical education and students in grade 9 are required to take physical education for graduation credit. A State Board of Education policy specifies that North Carolina K-8 students are to be offered physical education²²⁷ and participate in the local education agency's physical education curriculum. The policy is highly encouraged and recommended, but local districts make final determinations. The policy directs elementary schools to consider the benefits of and move toward 150 minutes per week of quality physical education. It directs middle schools to consider the benefits of and move toward 225 minutes per week of Healthful Living Education, divided equally between health and physical education.²²⁸ Local education agencies submit an annual report that includes the number of minutes of physical education provided to students. The report is provided to the North Carolina State Board of Education, the North Carolina Department of Public Instruction, local boards of education, and other stakeholders.²²⁹

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 credit in health and physical education for graduation.²³⁰ Accommodations/alternative assessments for students identified by the Americans with Disabilities Act or the Individuals with Disabilities Education Act will be provided.²³¹

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. Students may not apply for an exemption from required physical education.

Physical Activity: The state survey reported that elementary schools are required to provide 30-minute daily recess, and are required to provide at least 30 minutes/day of physical activity to elementary and middle school/junior high students. The state does

not require a daily or weekly minimum amount of physical activity for high school students. The State Board of Education policy specifies that schools that do not offer daily physical education to all K-8 students shall provide a minimum of 30 minutes/day of moderate to vigorous physical activity, with activity segments ≥ 10 minutes. This requirement can be achieved by offering physical education to all students. On days when physical education is not part of a student's schedule, the requirement can be met by recess, classroom energizers, dance, or other curriculum-based physical activity programs.²³² Classroom physical activity breaks are not required, but can contribute to the daily 30-minute physical activity requirement. The state prohibits the withholding of physical activity, including recess, as punishment for disciplinary reasons. It also prohibits using physical activity as punishment for inappropriate behavior.²³³

Local School Wellness Policy: The state requires schools or school districts to submit their local school wellness policy to the state education agency; modified policies must be submitted upon adoption by the local board of education.²³⁴ The state monitors the implementation of local school wellness policies by conducting audits.

State Standards: The state has adopted standards for physical education. [The Physical Education Essential Standards](#) were revised in 2011.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum, but requires review and/or revision of curriculum every 4-5 years. In the past year it has distributed goals and objectives of physical education and a chart describing the scope and sequence for physical education to

schools or school districts. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT), through existing state communication networks, professional development session(s) sponsored by the Centers for Disease Control and Prevention (CDC), and presentations at state conferences or meetings.

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs in school districts and schools. Grants for non-state funds are also available for education programs.

Class Size: The state's required student-teacher ratio for academic classes is applicable to physical education.²³⁵

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses.

Student Assessment Requirements: The state requires student assessment in physical education²³⁶ in grades 1-9. Students are assessed in National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. Aggregate results data are used to inform School Improvement Plans, wellness policies, and school district or school's long-term strategic planning. Individual student results are sent to parents/guardians of each student.

Fitness Assessment: The state requires student physical fitness assessment in grades 1-9, but does not require use of a specific assessment tool. Results are shared at the school level (e.g. with students, parents, principal) and with the school district.

Body Mass Index (BMI): The state requires schools to collect BMI for each student in grades 1-9. The state provides model policies, policy guidance, or other materials to inform school or district policy on this screening. Individual student results are sent to parents.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels, and to teach online courses. It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification Process by actively promoting and encouraging teachers to register for the process and by providing or facilitating mentoring for teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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227 North Carolina State Board of Education Policy Manual - Policy No. HRS-E-000, N.C. Bd. of Educ. Section 4, available at <http://sbepolicy.dpi.state.nc.us/policies/HRS-E-000.asp?pri=03&cat=E&pol=000&acr=HRS>.

228 North Carolina State Board of Education Policy Manual - Policy No. HRS-E-000, N.C. Bd. of Educ. Section 4, available at <http://sbepolicy.dpi.state.nc.us/policies/HRS-E-000.asp?pri=03&cat=E&pol=000&acr=HRS>.

229 North Carolina State Board of Education Policy Manual - Policy No. HRS-E-000, N.C. Bd. of Educ. Section 7, available at <http://sbepolicy.dpi.state.nc.us/policies/HRS-E-000.asp?pri=03&cat=E&pol=000&acr=HRS>.

230 North Carolina State Board of Education Policy Manual - Policy No. GCS-N-004, N.C. Bd. of Educ. (2012), available at <http://hlnces.ncdpi.wikispaces.net/file/view/GCS-N-004%20Graduation%20Requirements.pdf/370493166/GCS-N-004%20Graduation%20Requirements.pdf>; 16 N.C. Admin. Code 0503 (2015); Statutory Reference: GS 115C-12(9b); GS 115C-81(b) (4); NC Constitution, Article IX, Section 5

231 North Carolina State Board of Education Policy Manual - Policy No. GCS-N-004, N.C. Bd. of Educ. (2012), available at <http://hlnces.ncdpi.wikispaces.net/file/view/GCS-N-004%20Graduation>

[%20Requirements.pdf/370493166/GCS-N-004%20Graduation%20Requirements.pdf](http://hlnces.ncdpi.wikispaces.net/file/view/GCS-N-004%20Graduation%20Requirements.pdf/370493166/GCS-N-004%20Graduation%20Requirements.pdf).

232 North Carolina State Board of Education Policy Manual - Policy No. HRS-E-000, N.C. Bd. of Educ. Section 5, available at <http://sbepolicy.dpi.state.nc.us/policies/HRS-E-000.asp?pri=03&cat=E&pol=000&acr=HRS>.

233 North Carolina State Board of Education Policy Manual - Policy No. HRS-E-000, N.C. Bd. of Educ. Section 5, available at <http://sbepolicy.dpi.state.nc.us/policies/HRS-E-000.asp?pri=03&cat=E&pol=000&acr=HRS>.

234 North Carolina State Board of Education Policy Manual - Policy No. HRS-E-000, N.C. Bd. of Educ. Section 7, available at <http://sbepolicy.dpi.state.nc.us/policies/HRS-E-000.asp?pri=03&cat=E&pol=000&acr=HRS>.

235 North Carolina State Board of Education Policy Manual - Policy No. HRS-E-000, N.C. Bd. of Educ. Section 4, available at <http://sbepolicy.dpi.state.nc.us/policies/HRS-E-000.asp?pri=03&cat=E&pol=000&acr=HRS>.

236 North Carolina State Board of Education Policy Manual - Policy No. HRS-E-000, N.C. Bd. of Educ. Section 4, available at <http://sbepolicy.dpi.state.nc.us/policies/HRS-E-000.asp?pri=03&cat=E&pol=000&acr=HRS>.

NORTH DAKOTA



Amount of Required Physical Education: The state requires students to take physical education in grades 1-10.²³⁷ The state requires a minimum of 90 minutes per week for grades K-3 and allows 30 minutes of recess to count toward that time. At least 90 minutes per week are required for grades 4-6 (which cannot include recess), and at least 80 minutes per week for grades 7-8.²³⁸ The state does not have a method for enforcing the physical education requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education or 0.5 credit in health and 0.5 credit in physical education for graduation.²³⁹

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for required physical education.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may apply for an exemption from required physical education.

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly amount of physical activity time for elementary or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. The state monitors implementation of local school wellness policies via a policy review every three years.

State Standards: The state has adopted standards for physical education, but school districts are not required to comply. [The North Dakota Physical Education Content Standards](#) were last revised in 2015.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum, but schools must follow curriculum standards that meet or exceed state content standards. In the past year it has not distributed curriculum tools to schools or school districts, but it has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through existing state communication networks, a professional development session sponsored by the Centers for Disease Control and Prevention (CDC), and presentation(s) at state conferences or meetings.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state does not allow required physical education credits to be earned through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index: N/A

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high,²⁴⁰ and high school levels. It does not require physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is not required in order to maintain/renew one's physical education teacher certification or licensure. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system specific to physical education teachers.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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237 N.D. Cent. Code § 15.1-21-01 (2015); N.D. Cent. Code § 15.1-21-02 (2015).
238 N.D. Admin. Code 67-19-01-35 (2015); N.D. Admin. Code 67-19-01-34 (2015).

239 N.D. Cent. Code § 15.1-21-02.2 (2015).
240 N.D. Cent. Code § 15.1-18-10 (2015).

OHIO



Amount of Required Physical Education: The state requires elementary, middle school/junior high and high schools to provide physical education to students.²⁴¹ High school students must earn physical education credit for graduation. Requirements are enforced via the Reporting Benchmark/Standard Successes on the State Report Card once per grade band (K-2, 3-5, 6-8, 9-12).

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 0.5 credit in physical education (which is equivalent to a minimum of 120 hours of course instruction²⁴²) for graduation.

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for required physical education participation or credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Local school districts can allow exemptions for required physical education for student participation in two seasons of interscholastic sports, Junior Reserve Officer Training Corps (JROTC), marching band, and cheerleading. Excused students must also complete 0.5 credit in another curricular area.

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity for elementary, middle school/junior high, or high school students. State schools can opt in to a voluntary physical activity pilot program where schools can provide evidence that all students engage in 150 minutes per week of moderate to vigorous physical activity, which does not count recess but may count physical education or before- or after-school physical activity.²⁴³ Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness

policy to the state education agency. The state requires making the policy available to parents, which may include online posting. The state monitors the implementation of local school wellness policies through its administrative review compliance requirement.

State Standards: The state has adopted standards for physical education;²⁴⁴ but school districts are not required to comply. [The Ohio Physical Education Standards](#) were adopted in 2015.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum. Local districts create their own curriculum based on the state standards. In the past year the state has distributed to schools and school districts: goals and objectives of physical education programs, student learning benchmarks, a chart describing scope and sequence for physical education, and student learning objectives that align with the state standards. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through existing state communications networks and presentation(s) at state conferences or meetings.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average (GPA): N/A

Online Physical Education Courses: The state allows students to earn required physical education credit through online courses.

Student Assessment Requirements: The state requires student assessment in physical education in grades 2, 5, 8, and 12. Students are assessed according to the National Standards 1-5 listed above. Aggregate results for the school and school district are sent to the state department of education.

Fitness Assessment: The state requires student physical fitness assessment in grades 5, 8, and 12 but does not require use of a specific assessment tool.

Body Mass Index (BMI): The state reported that the state does not require schools to collect student BMI or height and weight. State law specifies that the board of education of each city, exempted village, or local school district and the governing authority of each chartered non-public school may require each student enrolled in kindergarten and grades 3, 5, and 9 to be screened for body mass index and weight status category. Board or governing authorities must report aggregate results to the department of health. School districts must report aggregate district data. The department may publish, annually, the data reported, aggregated by county. The department may share data reported with other governmental entities for the purpose of monitoring population health, making reports, or for public health promotional activities.²⁴⁵

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels.²⁴⁶ It also requires physical education teachers to pass a physical education certificate/licensure exam (Ohio Assessment for Educators) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) hired after July 1, 2013 are not allowed to teach required elementary school physical education classes.²⁴⁷

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: N/A

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<0.5 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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241 Ohio Rev. Code Ann. § 3313.60 (2015).

242 Ohio Rev. Code Ann. § 3313.603 (2015).

243 Ohio Rev. Code Ann. § 3313.6016 (2015).

244 Ohio Rev. Code Ann. § 3301.079 (2015); Academic standards.

245 Ohio Rev. Code Ann. § 3313.674 (2015).

246 Ohio Admin. Code 3301-24-05 (2015); Ohio Admin. Code 3301-35-05 (2015).

247 Ohio Rev. Code Ann. § 3319.076 (2015).

OKLAHOMA

Amount of Required Physical Education: The state requires students to take physical education for 60 minutes per week in grades K-5.²⁴⁸ The state does not require high schools to provide students with physical education. The state enforces the physical education requirements through accreditation reports. The state law is unclear as to the requirement to provide or require participation in physical education classes.²⁴⁹

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state does not have a requirement for the number of high school physical education credits needed for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports, marching band, and cheerleading for required physical education participation or credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may not apply for an exemption from required physical education. Adapted physical education may be provided to students who have a disability, chronic health problem, or other special need that precludes the student's participation in regular physical education. Schools may exclude from participation students who have been placed into an in-house suspension, detention class, or other disciplinary restriction.²⁵⁰

Physical Activity: The state requires an average of 60 minutes per week of physical activity for K-5 students. This physical activity must be in addition to the 60 minutes per week of physical education and may include but is not limited to additional physical education; exercise programs; fitness breaks; recess; classroom activities; and wellness and nutrition education. School district boards of education determine the specific activities and means of compliance with this requirement, giving consideration to recommendations from each school's Healthy and Fit School Advisory Committee as submitted to the school principal.²⁵¹ The State Board of Education shall strongly encourage districts to provide at least a 20-minute daily recess.²⁵² Classroom physical

activity breaks are not required but may be part of the daily 60 minutes of physical activity for K-5 students. The state does not require a minimum weekly amount of physical activity for middle school/junior high or high school students. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. The state monitors the implementation of local school wellness policies via its accreditation audit.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply.²⁵³ At the time of this report's survey, the standards were undergoing revision.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum, but instruction must be aligned with standards as adopted by the Board.²⁵⁴ In the past year the state has distributed goals and objectives of physical education programs and a chart describing scope and sequence for physical education to schools and school districts. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT).

State Funding for Physical Education Programs: General education funding is available for the state's physical education

programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state survey reported that the state does not have a required student-teacher ratio for academic classes. State law specifies that physical education classes are not subject to class size limitations.²⁵⁵

Grade Point Average (GPA): Physical education grades are required to be included in a student's overall GPA.

Online Physical Education Courses: N/A

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels.²⁵⁶ It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process and providing or facilitating mentoring for those going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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248 Okla. Stat. tit. 70, § 11-103.9 (2015).

249 Okla. Stat. tit. 70, § 11-103.9 (2015); Okla. Stat. tit. 70, § 11-103 (2015); Okla. Admin. Code § 210:35-5-31 (2015).

250 Okla. Stat. tit. 70, § 11-103.9 (2015).

251 Okla. Stat. tit. 70, § 11-103.9 (2015).

252 Okla. Stat. tit. 70, § 11-103.9 (2015).

253 Okla. Stat. tit. 70, § 11-103.9 (2015); Okla. Admin. Code §§ 210:15-3-154;

210:15-3-155; 210:15-3-156; 210:15-3-157; 210:15-3-158;

210:15-3-159; 210:15-3-160; 210:15-3-161; and 210:15-3-162 (2015).

254 Okla. Stat. tit. 70, § 11-103.9 (2015).

255 Okla. Stat. tit. 70, § 18-113.1 (2015); Okla. Admin. Code § 210:35-5-42 (2015); Okla. Admin. Code § 210:35-7-41 (2015); Okla. Admin. Code § 210:35-9-41 (2015).

256 Okla. Admin. Code § 210:20-9-172 (2015).

OREGON



Amount of Required Physical Education: The state requires students to take physical education in grades K-12.²⁵⁷ Starting in school year 2017-2018, the state will require grade K-5 students to participate in at least 150 minutes per week and grade 6-8 students to participate in at least 225 minutes per week of physical education.²⁵⁸ The state department of education collects data from school districts on the number of minutes of physical education that are provided to K-8 students each school week in each public school.²⁵⁹ High school students must earn physical education credit for graduation. Requirements are enforced by annual district reviews of rules pertaining to education, including teaching all academic standards. This review is then approved by district school boards and submitted to the state department of education. If a district is out of compliance, it has one year to attain compliance.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment, but the department of education is to collect data from school districts on the physical capacity of public schools and additional facilities required by public schools to provide physical education in the amounts required for K-8 students. This data is collected annually or whenever a public school increases or decreases its physical capacity to provide students with physical education.²⁶⁰

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.²⁶¹

Substitutions: The state permits school district policies to provide differentiation in physical education instruction as long as there is alignment to content standards. A district may have a policy on credit options that can include one-on-one individualized independent study with oversight from a physical education teacher. In addition, adapted physical education is provided for students with chronic health problems or other special needs that preclude participation in regular physical education. Adapted physical education is also provided as part of an individualized education program for students with disabilities.²⁶²

Exemptions/Waivers: The state survey reported that the state does not permit schools or school districts to apply for a waiver, nor does it permit students to apply for an exemption, from state physical education requirements. State law requires that students with disabilities have suitably adapted physical education.²⁶³ State law specifies that school districts may excuse students from

required program or learning activity to accommodate students' disabilities or religious beliefs, supported by a written request from the student's parent/guardian. An alternative learning activity that meets the goals of the exempted program must be proposed, approved by appropriate school personnel, and approved by the district school board.²⁶⁴

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, but it does prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public, but does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply.²⁶⁵ The physical education/health standards are up for revision and adoption in Spring 2016.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with the state standards for physical education.²⁶⁶ The state allows districts to adopt instructional

materials from the state instructional materials list or to select instructional materials through a district process aligned to standards. It has not promoted the use of the Physical Education Curriculum Analysis Tool, but it does provide instructional materials review tools to districts. Curriculum must be reviewed and/or revised every seven years, though state physical education materials review has been delayed and materials have not been reviewed since 2006.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. The state survey reported that no additional funding is available for physical education programs. State law specifies that the department of education awards grants to school districts and public charter schools for the purpose of meeting K-8 physical education requirements in the Oregon Revised Statutes.²⁶⁷

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average: The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state requires student assessment related to the state physical education standards in grades 1-12. Students are assessed in the areas determined by the district/school. Districts may use results to inform school/district improvement plans and wellness policies. Physical education teachers use baseline assessment data to write student learning and growth goals as part of the state educator evaluation system.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

257 Or. Rev. Stat. § 329.025 (2015).

258 Or. Admin. R. 581-020-0250 (2015).

259 Or. Rev. Stat. § 329.498 (2015); Or. Admin. R. 581-022-1661 (2015).

260 Or. Rev. Stat. § 329.498 (2015); Or. Admin. R. 581-022-1661 (2015).

261 Or. Admin. R. 581-022-1130 (2015).

262 Or. Rev. Stat. § 329.496 (2015).

263 Or. Rev. Stat. § 329.496 (2015).

264 Or. Admin. R. 581-022-1910 (2015).

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the middle school/junior high and high school levels.²⁶⁸ It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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265 Or. Rev. Stat. § 329.496 (2015).

266 Or. Rev. Stat. § 329.496 (2015); Or. Admin. R. 581-022-1210 (2015); Or. Admin. R. 581-021-0200 (2015).

267 Or. Rev. Stat. § 329.501 (2015); Or. Admin. R. 581-020-0250 (2015).

268 Or. Admin. R. 584-065-0060 (2015); Or. Admin. R. 584-038-0230 (2015); Or. Admin. R. 584-100-0111 (2015); Or. Admin. R. 584-040-0210 (2015).

PENNSYLVANIA



Amount of Required Physical Education: The state requires students to take physical education in grades K-12,²⁶⁹ but does not have a requirement for the minimum number of minutes. It does not have a method for enforcing the physical education requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state survey reported that the state does not have a requirement for the number of high school physical education credits needed for graduation. State law specifies that every student graduating must have 1.0 credit in health and physical education and that physical education shall be taught to every student yearly in grades 9-12.²⁷⁰

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for required physical education credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may apply for an exemption from the regular required physical education credit for medical reasons. However, the physical education program must be adapted for students who are medically unable to participate in the regular physical education program.²⁷¹

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. Local schools are responsible for determining policies regarding student physical activity time. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. It does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply.²⁷² [The standards](#) were last revised in 2002.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum, but it must be aligned with state standards.²⁷³ Local school districts decide how often the physical education curriculum is reviewed and/or revised. In the past year the state distributed goals and objectives of physical education programs, student learning benchmarks, a chart describing scope and sequence for physical education, and lesson plans or learning activities for physical education. The state has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through participation in a Center for Disease Control and Prevention chronic disease prevention and school health promotion grant.

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average: The state requires physical education grades to be included in a student's overall GPA.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. Additional funding is available from grants and fundraising. Local education agencies determine funding amounts, allocations, and permitted uses.

Online Physical Education Courses: N/A

Student Assessment Requirements: Local education agencies determine the policy regarding student assessment in physical education. The state requires student assessment in

grades 1-12 in the areas of National Standards 1, 2, and 5 listed above. Individual student results are sent to parents/guardians.

Fitness Assessment: The state does not require student physical fitness assessment. Any data collected are shared at the school level (e.g., to students, parents, principal) and with the school district.

Body Mass Index (BMI): The state requires schools to collect BMI and height and weight for each student in grades 1-12. The state provides model policies, policy guidance, or other materials to inform school or district policy on this screening. BMI data are shared with individuals and family members.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels. It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process, providing or facilitating mentoring for teachers going through the process, and providing partial funding if the teacher receives board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. The state does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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269 22 Pa. Code § 4.27 (2015); 24 Pa. Stat. and Cons. Stat. Ann. § 1511 (2015). 22 Pa. Code § 4.21 (2015); 22 Pa. Code § 4.22 (2015); 22 Pa. Code § 4.23 (2015); 22 Pa. Code § 57.31 (2015).

270 22 Pa. Code § 57.31 (2015).

271 22 Pa. Code § 4.27 (2015).

272 22 Pa. Code § 4.27 (2015).

273 22 Pa. Code § 4.21 (2015); 22 Pa. Code § 4.22 (2015); 22 Pa. Code § 4.23 (2015); 22 Pa. Code § 4.12 (2015); 24 Pa. Stat. and Cons. Stat. Ann. § 15-1512.1 (2015).

RHODE ISLAND



Amount of Required Physical Education: The state requires students to take physical education and health combined for an average of 100 minutes per week (at least 20 minutes/day) in grades K-12. Recess, free play, and after-school activities are not allowed to be part of the physical education minutes.²⁷⁴ The physical education requirements are enforced by the state's Annual School Health Report.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires physical education to be included among the 20 courses required for graduation, but does not specify a required number of physical education credits needed for graduation.²⁷⁵

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for required physical education participation or credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may apply for an exemption from required physical education for medical reasons.

Physical Activity: The state requires elementary schools to provide daily recess, but does not specify the minimum amount of time required. It does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. The state monitors the implementation of local school wellness policies through the state's Annual School Health Report.

State Standards: The state has adopted standards for physical education. [The Rhode Island Physical Education Framework](#) was last revised in 2003 and is reviewed annually.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Other: Recognition of the internal and external environment's influence on physical activity

State Curriculum: The state requires school districts and schools to use a curriculum aligned with the state physical education framework and national standards, and to make the curriculum available for review by the state department of education upon request. A curriculum team made up of representatives from the school district teaching and administrative staff, parents, and community members is required to periodically review and revise the curriculum as necessary.²⁷⁶ The state recommends review and/or revision of curriculum at least every five years. In the past year, the state has made physical education resources available online^A and has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts by sharing information through existing state communications networks.

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

A www.ride.ri.gov and www.thriveri.org

Online Physical Education Courses: N/A

Student Assessment Requirements: The state requires student assessment in grades 1-12 in the areas of National Standards 1-5 listed above, as well as in the state physical education standards and framework.²⁷⁷

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels. It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis^B) before they are endorsed to teach physical education.²⁷⁸ Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state does not provide professional development events or funding specifically for physical education teachers.

B Applicants must achieve a passing score of 160 on the Praxis II Principles of Learning and Teaching for grades K-6 (5622) or a passing score of 157 on the Praxis II Principles of Learning and Teaching for Grades 7-12 (5624), and a passing score of 154 on the Praxis II Physical Education: Content Knowledge test (5091). Applicants prepared in a program where the language of instruction was not English must achieve a passing score of 64 on the Versant Pro Speaking and Writing English assessments.

274 16 R.I. Gen. Laws § 16-22-4 (2015); 31-1 R.I. Code R. § 37:3.0 (2015).
275 21-2 R.I. Code R. § 46:L-6-3.0 (2015).
276 16 R.I. Gen. Laws § 16-22-4 (2015); 31-1 R.I. Code R. § 37:6.0 (2015).

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

Contact Person: N/A

277 31-1 R.I. Code R. § 37:6.0 (2015).
278 21-2 R.I. Code R. § 59:9 (2015).

SOUTH CAROLINA



Amount of Required Physical Education: The state requires students to take physical education for 60 minutes per week in grades K-5.²⁷⁹ Middle school/junior high school students are required to take physical education in grades 6-8, but the state does not have a requirement for the minimum number of minutes.²⁸⁰ High schools are required to provide students with physical education and students must earn physical education credit for graduation. The state enforces physical education requirements using an annual legislative compliance report.

Physical Education Equipment and Facilities: The state annually assesses the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction. Based on these assessments, 92 percent of schools currently have adequate equipment and facilities.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.²⁸¹

Substitutions: The state permits school districts or schools to allow students to substitute Junior Reserve Officer Training Corps (JROTC) for required physical education credit.²⁸²

Exemptions/Waivers: The state permits schools or school districts to allow students to apply for an exemption from required physical education by seeking an exemption from the local school board. Requests may be granted for medical reasons (supported by a physician statement) or religious reasons. If granted, the local school board encourages the student to take an alternative course such as instruction in health education or lifestyle modification.²⁸³

Physical Activity: The state does not require elementary schools to provide daily recess, but it requires that school districts or schools have a minimum of 90 minutes per week of physical activity time for elementary school students (for a total of 150 minutes per week between physical education and physical activity).²⁸⁴ The state does not require a minimum amount of physical activity time for middle school/junior high or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the

state education agency, but does not require them to post the policy online for the public. The department of education monitors the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education. [The standards](#) were last revised in 2014.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with the state standards for physical education,²⁸⁵ but does not require a specific curriculum. Curriculum must be reviewed and/or revised every seven years. In the past year the state has distributed lesson plans or learning activities for physical education to schools and school districts. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts through professional development sessions sponsored by the Centers for Disease Control and Prevention (CDC) and presentation(s) on the tool's use at state conferences or meetings.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. Additional funding is available from Student Health and Fitness Act legislation, which provides funds to hire additional elementary level physical education teachers in order to reduce student-to-teacher ratios and offer at least 60 minutes per week of physical education. The funds may also be used for salaries and physical activity opportunities.

Class Size: The state's required student-teacher ratio in a physical education class may not exceed 28:1. The ratio is designed to provide

K-5 students with scheduled physical education either every day or on alternate days throughout the school year.²⁸⁶ For grades 6-8, a maximum of 40 students per period with a total teaching load of 240 students daily is permitted for physical education teachers.²⁸⁷

Grade Point Average (GPA): N/A

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state requires schools to perform student assessment in grades 2, 5, 8, and high school using the South Carolina Physical Education Assessment. The purpose is to assess effectiveness of the school's physical education program and its adherence to the state curriculum standards. The state department of education must develop a procedure for calculating a district and school physical education program effectiveness score, which is reported to the education community through the district and school report card.²⁸⁸ At the time of this report, the state assessment was inactive due to lack of funding.

Fitness Assessment: The state requires student physical fitness status to be reported to his/her parent or guardian during the student's physical education courses in grades 5, 8, and high school.²⁸⁹ Use of a specific assessment tool is not required. Data are shared at the school level (e.g., with students, parents, principal) and with the school district, the state department of health, and the state department of education.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight, but provides model policies, policy guidance, or other materials to inform any school or district policy on this screening.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam

before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: N/A

District Physical Education Coordinator: The state requires each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<0.5 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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279 S.C. Code Ann. § 59-10-10 (2015); S.C. Code Ann. Regs. § 43-231 (2015).

280 S.C. Code Ann. Regs. § 43-232 (2015).

281 S.C. Code Ann. Regs. § 43-234 (2015).

282 S.C. Code Ann. Regs. § 43-234 (2015).

283 S.C. Code Ann. § 59-29-80 (2015).

284 S.C. Code Ann. § 59-10-10 (2015).

285 S.C. Code Ann. § 59-10-10 (2015).

286 S.C. Code Ann. § 59-10-10 (2015).

287 S.C. Code Ann. Regs. § 43-232 (2015).

288 S.C. Code Ann. § 59-10-50 (2015).

289 S.C. Code Ann. § 59-10-10 (2015).

SOUTH DAKOTA



Amount of Required Physical Education: The state does not require elementary or middle school/junior high schools to provide students with physical education. It requires high school students to take physical education in grade 9. It does not have a requirement for the number of minutes, but students must earn 0.5 physical education credits for graduation.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 0.5 credit in physical education for graduation.²⁹⁰

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for required physical education participation or credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may not apply for an exemption from required physical education.

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly/daily amount of physical activity for elementary, middle school/junior high, or high school students. The state has a Model Wellness Policy, which includes sample policy language for school districts regarding student physical activity time. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency, but it does require them to post it online for the public. The state monitors the implementation of local school wellness policies through administrative review conducted by the state's Child and Adult Nutrition Services every three years.

State Standards: The state has adopted standards for physical education,²⁹¹ but school districts are not required to comply with the standards. The South Dakota Standards and Grade-level Outcomes for K-12 Physical Education were last revised in 2014.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum and does not specify how often the curriculum must be reviewed and/or revised. In the past year the state has distributed a chart describing scope and sequence for physical education to schools and school districts. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts through existing state communication networks, professional development sessions sponsored by the Centers for Disease Control and Prevention (CDC), and presentation(s) on the tool's use at state conferences or meetings.

State Funding for Physical Education Programs: School districts fund the state's physical education programs. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight, but provides model policies, policy guidance, or other materials to inform any school or district policy on this screening.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education.²⁹² Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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290 S.D. Admin. R. § 24:43:11:02 (2015); S.D. Admin. R. § 24:43:11:04 (2015).

291 S.D. Admin. R. 24:53:07:23 (2015).

292 S.D. Admin. R. 24:15:06:19 (2015).

TENNESSEE

Amount of Required Physical Education: The state requires students to take physical education in grades K-8,²⁹³ but does not have a requirement for the number of minutes. Students are also required to take physical education in grade 9 and to earn physical education credit for high school graduation. The state does not have a method for enforcing the physical education requirements.

High School Graduation Requirements: The state requires students to earn 0.5 credit in physical education for graduation.²⁹⁴

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports, Junior Reserve Officer Training Corps (JROTC), cheerleading, or marching band for required physical education credit.

Exemptions/Waivers: The state survey reported that the state does not permit schools or school districts to apply for a waiver from state physical education requirements. State law specifies that the Commissioner of Education is authorized to grant waivers to a school that does not comply with physical education rules and regulations only when requested by action of the local board of education.²⁹⁵ Students may not apply for an exemption from required physical education. A modified physical education program based on a physician's written recommendations is required for students with disabilities.²⁹⁶

Physical Activity: The state does not require elementary schools to provide daily recess, but it requires each local education agency to integrate a minimum of 90 minutes per week of physical activity into the instructional school day for elementary, middle school/junior high, and high school students.²⁹⁷ Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. It monitors the implementation of local school wellness policies through a School Nutrition Review.

State Standards: The state has adopted standards for physical education.²⁹⁸ [The state's health, physical education and wellness](#)

[standards](#) were last revised in 2008 and were undergoing revision at the time of this report.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum. In the past year the state has distributed lesson plans or learning activities for physical education to schools and school districts. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts through existing state communications networks.

State Funding for Physical Education Programs: School districts fund the state's physical education programs. No additional funding is available for physical education programs. Coordinated School Health funding is also available at the discretion of local education agencies, which determine funding amounts, allocations, and permitted uses.

Class Size: The state survey reported that the state's required student-teacher ratio for academic classes is applicable to physical education. State law specifies that maximum class size shall be based on regular classroom teaching positions, but excludes a number of positions, including physical education.²⁹⁹

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows local boards of education to adopt policies for students to earn required physical education credits through online physical education courses.³⁰⁰

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state requires student physical fitness assessment in grades 4, 6, 8, and 9 using the PACER (Progressive Aerobic Cardiovascular Endurance Run). Results are shared at the school level (e.g. to students, parents, principal), with the school district, and with the state department of education.

Body Mass Index (BMI): The state requires schools to collect BMI and height and weight for each student in grades 2, 4, 6, 8, and 9. The state provides model policies, policy guidance, or other materials to inform school or district policy on this screening. Aggregate data for the school are sent to the state department of education and aggregate data for the county are shared publicly. Decisions regarding sharing of student BMI information with parents are made at the local level.

Certification/licensure of physical education teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high,³⁰¹ and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional development of physical education teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development does not have to be on physical education topics.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: Decisions regarding support for and recognition of the National Board Certification process are made at the local level.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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293 Tenn. Comp. R. & Regs. 0520-01-03-.05 (2015).
294 Tenn. Comp. R. & Regs.0520-01-03-.06 (2015).
295 Tenn. Comp. R. & Regs. 0520-01-03-.10 (2015).
296 Tenn. Comp. R. & Regs. 0520-01-03-.05 (2015).
297 Tenn. Code Ann. § 49-6-1021 (2015).
298 Tenn. Comp. R. & Regs. 0520-01-03-.05 (2015); Tenn. Comp. R. & Regs. 0520-07-

02-.03 (2015).
299 Tenn. Comp. R. & Regs. 0520-01-03-.05 (2015); Tenn. Code Ann. § 49-1-104 (2015).
300 Tenn. Comp. R. & Regs. 0520-01-03-.05 (2015).
301 Tenn. Comp. R. & Regs. 0520-01-02-.03 (2015).

TEXAS



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, but does not have a requirement for the number of minutes. High schools are required to provide students with physical education,³⁰² and students must earn physical education credit for graduation. The state survey reported that it does not have a method for enforcing the physical education requirements. The state law specifies that each school district is responsible for evaluating its overall and its individual schools' performance in community and student engagement as well as the record of the district and each of its schools in compliance to wellness and physical education requirements. Each school district is to assign the district and each school a performance rating for both overall performance and for each individual evaluation factor. The results are reported to the agency and made publicly available.³⁰³

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation. The required credit may be from any combination of the following 0.5-1.0 credit courses: Foundations of Personal Fitness; Adventure/Outdoor Education; Aerobic Activities; and Team or Individual Sports.³⁰⁴

Substitutions: The state permits school districts or schools to allow students to substitute certain activities for required physical education credit. All substitution activities must include at least 100 minutes/school week of moderate to vigorous physical activity. The commissioner of education must approve substitutions for state graduation credit in physical education. Activities that may be substituted include athletics, community sports, Junior Reserve Officer Training Corps (JROTC), cheerleading, marching band, drill team, dance team, career and technology work-based training courses,³⁰⁵ or vocal ensemble.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may apply for an exemption from required physical education for participation in other academic courses. The

commissioner of the State Board of Education may also permit an exemption for a student who participates in a school-related activity or an activity sponsored by a private league or club if the student provides proof of participation.³⁰⁶ In addition, a school district may exempt any student who is unable to participate because of medical reasons, or for middle school/junior high students, who participates in a structured, extracurricular activity with a moderate or vigorous physical activity component.³⁰⁷

Physical Activity: The state does not require elementary schools to provide daily recess, but does require a minimum of 30 minutes/day or 135 minutes per week of physical activity time for elementary school students. The state also requires a minimum of 30 minutes/day for four semesters³⁰⁸ or 225 minutes/two school weeks of physical activity time for middle school/junior high school students. The state does not require a minimum weekly/daily amount of physical activity for high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency. The Texas Department of Agriculture monitors the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply.³⁰⁹ [The Texas Essential Knowledge and Skills for Physical Education](#) were last revised in 1998.

State Curriculum: N/A.

The state has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts.

State Funding for Physical Education Programs: N/A

Class Size: The state's required student-teacher ratio for physical education is 45:1. If a district establishes a ratio greater than this, it must specify how it will maintain student safety.³¹⁰

Grade Point Average: N/A

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: N/A

Fitness Assessment: The state requires student physical fitness assessment in grades 3-12.³¹¹ School districts provide summary results aggregated by grade level (and any other appropriate category identified by commissioner rule) to the Texas Education Agency. The summary results may not contain the names of individual students or teachers, and individual student results are confidential.³¹²

Body Mass Index (BMI): N/A

Certification/Licensure of Physical Education Teachers:

According to state law, holders of the Physical Education: Early Childhood-Grade 12 certificate may teach physical education in grades K-12.³¹³

Professional Development of Physical Education

Teachers: N/A

Teacher Evaluation: N/A

National Board Certification: N/A

District Physical Education Coordinator: N/A

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302 Tex. Educ. Code Ann. § 28.002 (2016); Tex. Educ. Code Ann. § 38.013 (2016).
303 Tex. Educ. Code Ann. § 39.0545 (2016).
304 19 Tex. Admin. Code § 74.52 (2016); Tex. Educ. Code Ann. § 28.025 (2016).
305 19 Tex. Admin. Code § 74.52 (2016); 19 Tex. Admin. Code § 74.42 (2016).
306 19 Tex. Admin. Code § 74.52 (2016).
307 19 Tex. Admin. Code § 74.52 (2016).
308 Tex. Educ. Code Ann. § 28.002 (2016); 19 Tex. Admin. Code § 103.1003 (2016).
309 Tex. Educ. Code Ann. § 28.002 (2016); 19 Tex. Admin. Code § 74.37 (2016); 19

Tex. Admin. Code § 74.1 (2016); 19 Tex. Admin. Code § 74.3 (2016); 19 Tex. Admin. Code § 74.2 (2016); Tex. Educ. Code Ann. § 28.002 (2016).
310 Tex. Educ. Code Ann. § 25.114 (2016).
311 19 Tex. Admin. Code 7 103.1001 (2016); Tex. Educ. Code Ann. § 38.101 (2016).
312 Tex. Educ. Code Ann. § 38.103 (2016).
313 19 Tex. Admin. Code § 231.26 (2016); 19 Tex. Admin. Code § 231.231 (2016); 19 Tex. Admin. Code § 233.12 (2016); 19 Tex. Admin. Code § 231.27 (2016).

VERMONT



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, but does not have a requirement for the number of minutes. High school students must earn physical education credit for graduation.³¹⁴ The state is piloting an Education Quality Review process for enforcing the physical education requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: Students meet physical education requirements for graduation when they demonstrate evidence of proficiency in the physical education curriculum.³¹⁵

Substitutions: The state enables schools to offer students flexible pathways leading to acquisition of the proficiencies required for graduation. The state defines flexible pathways as “any combination of high-quality academic and experiential components leading to secondary school completion and postsecondary readiness, which may include assessments that allow the student to apply his or her knowledge and skills to tasks that are of interest to that student.”³¹⁶ Learning via flexible pathways must occur under the supervision of an appropriately licensed educator and learning expectations must be aligned with state standards.³¹⁷

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. The length of the waiver is granted at the time of its determination. Students may apply for an exemption from required physical education. Any exemptions, substitutions, or waivers from local requirements are handled by local school boards. Upon written request of a local school board, the State Board of Education may approve an alternative method for meeting requirements provided that the alternative method is consistent with the intent of the requirement.

Physical Activity: The state does not require elementary schools to provide daily recess, but it requires that school districts or schools have a minimum of 30 minutes/day of physical activity time for elementary, middle school/junior high, and high school students. This activity may occur within or outside of the school day

and may include recess and movement built into the curriculum, but it cannot replace physical education.³¹⁸ Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency, but does not require them to post it online for the public. Local school wellness policies are collected through the school nutrition programs review process conducted by the state department of education. The state does not monitor the implementation of local school wellness policies.

State Standards: The state adopted SHAPE America’s national standards for physical education in May 2015 with which all school districts are required to comply.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Other: Transferable skills as indicated in Vermont Education Quality Standards section 2120.5

State Curriculum: The state’s schools use locally developed curriculum aligned with standards approved by the State Board of Education.³¹⁹ Local education agencies determine how often curriculum must be reviewed and/or revised. In the past year the state has distributed lesson plans or learning activities for physical education and sample proficiency-based graduation standards and indicators to schools and school districts. It has promoted use of

the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts through existing state communications networks and by embedding use of the tool in other workshops.

State Funding for Physical Education Programs: In partnership with the state department of health, some funds from the Center for Disease Control and Prevention's chronic disease prevention and school health promotion grant are available for physical education programs. Approximately \$24,000 was available in 2015 and 2016 as competitive grants to schools for physical education and/or physical activity supplies.

Class Size: N/A

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: N/A

Student Assessment Requirements: The state requires student assessment related to the state physical education standards in grades 1-8. Students are assessed in the areas of National Standards 1-5 listed above. Assessment data are used locally for student learning analysis, reporting, and program development. A school's Local Comprehensive Assessment system, which includes grades K-12 physical education, assesses students in areas not assessed through the State Assessment System.³²⁰

Fitness Assessment: The state does not require student physical fitness assessment. Any data collected are not shared at any level.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight, but it provides model policies, policy guidance, or other materials to inform any school or district policy on this screening.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education

at the elementary, middle school/junior high, and high school levels.³²¹ It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state does not have a teacher evaluation system for all teachers.

National Board Certification: N/A

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

Contact Person:

N/A

314 State Board of Education Manual of Rules and Practices R2120.8.9, Vt. Dept. of Educ. 12 (2006), available at <http://education.vermont.gov/documents/2000.pdf>; 7-1 Vt. Code R. § 2:2120.7 (2015).

315 7-1 Vt. Code R. § 2:2120.7 (2015).

316 Vermont Act 77 of 2013

317 7-1 Vt. Code R. § 2:2120.2 (2015).

318 7-1 Vt. Code R. § 2:2120.5 (2015).

319 7-1 Vt. Code R. § 2:2120.5 (2015).

320 State Board of Education Manual of Rules and Practices R2120.2.2, Vt. Dept. of Educ. 4 (2006), available at <http://education.vermont.gov/documents/2000.pdf>.

321 7-1 Vt. Code R. § 13:5440 (2015).

UTAH

Amount of Required Physical Education: The state survey reported that the state does not require elementary schools to provide students with physical education. State law specifies physical education as a “core subject” for grades K-6,³²² but it is not required. The state requires middle school/junior high and high schools to provide physical education and requires students to take physical education in grades 7-11, but does not have a requirement for the number of minutes per day or week. Students in grades 7-8 must earn 0.5 credit in physical education each year.³²³ High school students also must earn physical education credit for graduation. The state does not have a method for enforcing physical education requirements except that high school students will fail to graduate without required physical education credit.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 0.5 credit in health education and 1.5 credits in physical education for graduation. The following courses can contribute to this requirement and provide 0.5 credit each: Health, Participation Skills, Fitness for Life, Individualized Lifetime Activities, or (with school approval) team sport/athletic participation.³²⁴

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports for required physical education credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may apply for an exemption from required physical education for medical reasons.

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly/daily amount of physical activity for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency. The Child Nutrition Program in the state’s office of education works directly with school districts in implementing their wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply. The state standards were last revised in 2016 and at the time of this report had been released for public comment. The State Board of Education establishes a timeline for review of the core standards in the state’s public schools, which includes physical education.³²⁵

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a standards-based curriculum developed by the department of education. Local education agency boards adopt local curriculum and design programs to help students master the General Core.³²⁶ Curriculum must be reviewed and/or revised every 10 years or as needed. In the past year the state has distributed the following to schools and school districts: goals and objectives of physical education programs, student learning benchmarks, a chart describing scope and sequence for physical education, and Beginning a Building Capacity with new core. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts.

State Funding for Physical Education Programs: General education funding is available for the state’s physical education

programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state recommends a student-teacher ratio for physical education.

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state has a Student Learning Objectives policy regarding student assessment in physical education. Local education agencies ensure that students master the core standards at all levels.³²⁷

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary,³²⁸ middle school/junior high, and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (PRAXIS) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: N/A

District Physical Education Coordinator: The state requires each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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322 Utah Admin. Code r. 277-700-(1-7) (2015).

323 Utah Admin. Code r. 277-700-(1-7) (2015).

324 Utah Admin. Code r. 277-700-6 (2015).

325 Utah Code Ann. § 53A-1-402.8 (2015).

326 Utah Admin. Code r. 277-700-1 (2015).

327 Utah Admin. Code r. 277-700-1 (2015); Utah Admin. Code r. 277-700-7 (2015).

328 Utah Admin. Code r. 277-520-4 (2015).

VIRGINIA



Amount of Required Physical Education: The state requires students to take physical education in grades K-7 and 9-10,³²⁹ but does not have a requirement for the number of minutes. High school students must earn physical education credit for graduation. The state enforces the physical education requirements using a reporting process.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 2.0 credits in health and physical education for graduation.³³⁰

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for required physical education participation or credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. The state does not permit students to apply for an exemption from required physical education class time or credit.

Physical Activity: The state requires elementary schools to provide daily recess.³³¹ It has a goal of at least 150 minutes per week of physical activity for elementary and middle school/junior high school students. The state does not require a minimum weekly amount of physical activity for high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency, but it does require them to post the policy online for the public.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply. [The Standards of Learning](#) were last revised in 2015.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with the state physical education standards and approved by the local school board.³³² Curriculum must be reviewed and/or revised every 7 years. In the past year the state has distributed goals and objectives of physical education programs to schools and school districts. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts by through existing state communications networks, professional development sessions sponsored by the Centers for Disease Control and Prevention (CDC), and presentation(s) at state conferences or meetings.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state's required student-teacher ratio for academic classes is applicable to physical education. Local school boards must employ five FTE positions per 1,000 K-5 students to serve as elementary resource teachers in art, music, and physical education.³³³

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state requires student physical fitness assessment in grades 4-10 using the FITNESSGRAM®. Results are shared at the school level (e.g. to students, parents, principal) and with the state department of education.

Body Mass Index (BMI): N/A

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process.

District Physical Education Coordinator: The state has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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329 Va. Code Ann. § 22.1-207 (2015); 8 Va. Admin. Code § 20-131-100 (2015); 8 Va. Admin. Code § 20-131-80 (2015); Va. Code Ann. § 22.1-200 (2015); 8 Va. Admin. Code § 20-131-90 (2015).

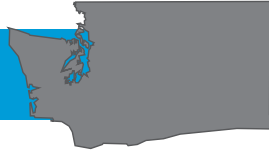
330 8 Va. Admin. Code § 20-131-50 (2015).

331 8 Va. Admin. Code § 20-131-200 (2015).

332 8 Va. Admin. Code § 20-131-80 (2015); 8 Va. Admin. Code § 20-131-90 (2015).

333 Va. Code Ann. § 22.1-253.13:2 (2015).

WASHINGTON



Amount of Required Physical Education: The state requires students to take physical education an average of at least 100 minutes per week in grades 1-8.³³⁴ There is also a state goal to ensure at least 150 minutes per week of physical education in grades 1-8.³³⁵ High schools are required to provide students with physical education, and students must earn physical education credit for graduation.³³⁶ The state does not have a method for enforcing the physical education requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.5 credits in "Fitness" for graduation.³³⁷

Substitutions: The state permits school districts or schools to allow students to substitute courses that meet the appropriate grade-level state physical education learning standards for required physical education participation or credit.³³⁸

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. School districts have authority to grant waivers regarding physical education and to determine the duration of the waiver. Students may receive an exemption from required physical education for physical disability, religious belief, or participation in directed athletics (grades 1-8); or physical disability, employment, religious belief, participation in directed athletics or military science and tactics, or for other good cause (high school).³³⁹ State law specifies that any district waiver or exemption policy from physical education requirements for high school students should be based on meeting both health and fitness curricula concepts as well as alternative means of engaging in physical activity, but should acknowledge students' interest in pursuing their academic interests.³⁴⁰

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly amount of physical activity for elementary, middle school/junior high, or high school students. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. It monitors the implementation of local school wellness policies through the state Office of Superintendent of Public Instruction.

State Standards: The state has adopted standards for physical education.³⁴¹ [The Health and Physical Education K-12 Learning Standards](#) were last revised in 2008 and are currently undergoing another revision, with expected adoption in 2016.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum. State law directs the state school directors' association, with the assistance of the office of the superintendent of public instruction, the department of health, and SHAPE Washington to convene an advisory committee to develop a model policy that includes the development of a physical education and fitness curriculum for students.³⁴² Local school districts decide how often the physical education curriculum are reviewed and/or revised. In the past year the state has distributed goals and objectives of physical education programs, student learning benchmarks, a chart describing scope and sequence for physical education, and lesson plans or learning activities for physical education to schools and school districts. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools and school districts through existing state communications networks, professional development sessions sponsored by the Centers for Disease Control and Prevention (CDC), and presentation(s) at state conferences or meetings.

State Funding for Physical Education Programs: School district appropriations fund physical education programs in school districts and schools. Additional funding from Comprehensive School Physical Activity Program and state grants ranging from \$1,000-100,000 are available for improving physical education programs. State law specifies that the board of directors of any school district may borrow money and issue negotiable bonds to purchase sites for all buildings, playgrounds, physical education facilities and athletic facilities and structures authorized by law or necessary or proper to carry out the functions of a school district.³⁴³

Class Size: The state's required student-teacher ratio for academic classes is not applicable to physical education.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state requires student assessment related to the state physical education standards at least once during each grade level in elementary, middle school/junior high, and high school. Students are assessed in areas determined by school districts. Aggregate data for the school district are shared publicly and sent to the state department of education. These data are also used to inform: school district or a school's long-term strategic planning, School Improvement Plans, and wellness policies. Individual student results are sent to parents/guardians. Results are also used in research studies.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state provides model policies, policy guidance, or other materials to inform school or district policy on screening for student weight status using body mass index (BMI).

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the high

school level, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process and by providing one or more forms of monetary recognition for national board certified teachers.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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334 Wash. Admin. Code § 392-410-135 (2015).
335 Wash. Rev. Code § 28A.210.365 (2015).
336 Wash. Rev. Code § 28A.230.050 (2015).
337 Wash. Admin. Code § 180-51-068 (2016).
338 Wash. Admin. Code § 392-410-136 (2016).

339 Wash. Rev. Code § 28A.230.040 (2015); Wash. Rev. Code § 28A.230.050 (2015).
340 Wash. Rev. Code § 28A.210.365 (2015).
341 Wash. Rev. Code § 28A.655.070 (2016).
342 Wash. Rev. Code § 28A.210.360 (2015).
343 Wash. Rev. Code § 28A.530.010 (2015).

WEST VIRGINIA



Amount of Required Physical Education: The state requires students to take physical education for at least 90 minutes per week in elementary school. Middle school/junior high students are required to take physical education daily for at least one semester; class periods are equal in length to other courses. High schools are required to provide students with physical education, and students must earn physical education credit for graduation.³⁴⁴ The state enforces the physical education requirements through its Office of Educational Performance Audits.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.³⁴⁵

Substitutions: The state permits school districts or schools to allow students to substitute two years of Junior Reserve Officer Training Corps (JROTC) for the required physical education credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may not apply for an exemption from required physical education.

Physical Activity: The state requires elementary schools to provide a 30-minute daily recess. The state requires that school districts or schools have a minimum of 150 minutes per week of physical activity time for elementary and middle school/junior high students. The state survey reported that there is not a state-required minimum amount of physical activity time for high school students. State law indicates that opportunities will be provided for 30 minutes of physical activity daily (equivalent to 150 minutes per week) to keep high school students physically active.³⁴⁶ Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It does prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires school or school districts to provide their local school wellness policy to the

state department of education and to post it online for the public. It monitors the implementation of local school wellness policies through the Office of Child Nutrition.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply.³⁴⁷ [The 21st Century Physical Education 5-12 Content Standards and Objectives](#) were last revised in 2008.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state survey reported that the state's required student-teacher ratio for academic classes is applicable to physical education. State law specifies that each grade 3-6 classroom shall not have >25 students per teacher, but the state superintendent is authorized to permit >25 students per teacher in a physical education classroom in grades 4-6.³⁴⁸

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state survey reported that there is not a state requirement for student assessment related to state physical education standards. The state's Regulations for Education Programs provide a definition of an assessment and accountability system for a thorough and efficient education for West Virginia public school students, including physical education.³⁴⁹

Fitness Assessment: The state requires student physical fitness assessment in grades 4-8 and the required high school courses³⁵⁰ (grades 9 and 10) using the FITNESSGRAM®. Results are shared at the school level (e.g. to students, parents, principal) and with the state department of education.

Body Mass Index (BMI): Schools collect BMI in grades 4-10. The state provides model policies, policy guidance, or other materials to inform school or district policy on this screening. Aggregate data for the school are sent to the state department of education. The data are also reported in aggregate to the Governor, the State Board of Education, the Healthy Lifestyles Coalition and the Legislative Oversight Commission on Health and Human Resources Accountability as an indicator of progress toward promoting healthy lifestyles among school-aged children.³⁵¹

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (PRAXIS) before they are endorsed to teach physical

education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process, providing or facilitating mentoring for teachers going through the process, providing partial or full funding regardless of whether the teacher receives board certification, and providing an on-going higher level of pay to all teachers who are national board certified.

District Physical Education Coordinator: The state requires each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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344 W. Va. Code § 18-2-7a (2015).

345 W. Va. Code § 18-2-7a (2015).

346 W. Va. Code R. § 126-42-5 (2015).

347 W. Va. Code R. § 126-44F-1 (2015); W. Va. Code § 18-9D-19a (2015).

348 W. Va. Code § 18-5-18a (2015).

349 W. Va. Code R. § 126-44F-1 (2015).

350 W. Va. Code § 18-2-7a (2015).

351 W. Va. Code § 18-2-7a (2015).

WISCONSIN



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, but does not have a requirement for the number of minutes. High school students in grades 9-12 are also required to take physical education (though one year may be optional), and students must earn physical education credit for graduation.³⁵² The state enforces the physical education requirements by responding to complaints submitted to the Department of Public Instruction. An investigation follows, with a transition plan to meet requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.5 credits in physical education for graduation.³⁵³

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports, community sports, Junior Reserve Officers Training Corps (JROTC), cheerleading, or marching band for required physical education participation or credit. School boards may decide to adopt a provision in state law that allows students who participate in sports or another organized physical activity to substitute an additional 0.5 credit in English, social studies, mathematics, science, or health education for 0.5 credit in physical education.³⁵⁴

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. The state survey reported that the Director of Content and Learning in the Wisconsin Department of Public Instruction has the authority to grant waivers regarding physical education, which are effective for one year. State law specifies that a school district board may submit a written request approval from the state superintendent to comply in an alternate manner with any of the district standards.³⁵⁵ Students may not apply for an exemption from required physical education.

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly amount of physical activity for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary

reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. It monitors the implementation of local school wellness policies through documentation supporting that the school has taken required steps regarding implementation, transparency, public input and availability.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply. [The Wisconsin Standards for Physical Education](#) were last revised in 2010.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with the state standards for physical education. For elementary, middle school/junior high, and high schools the state requires a sequential curriculum that specifies objectives, course sequence, course content, resources, an objective process, and evaluation method.³⁵⁶ Curriculum must be reviewed and/or revised by the local district at least once every five years. In the past year the state has distributed written physical education curriculum, goals and objectives of physical education program, student learning benchmarks, a chart describing scope and sequence for physical education, and lesson plans or learning activities to schools and school districts. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts through existing state communication networks.

State Funding for Physical Education Programs: General education funding based on enrollment is available for the state's physical education programs in school districts and schools. Five-year grants for chronic disease prevention and school health promotion from the Centers for Disease Control and Prevention for 16 priority school districts are available and may be used for technical assistance and professional development.

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: Students are assessed based on local district curriculum in grades 1-12.³⁵⁷ Data are collected at the local level only. Aggregate results are used to inform school district or school's long-term strategic planning, School Improvement Plans, and wellness policies. Individual student results are sent to parents/guardians.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state provides model policies, policy guidance, or other materials to inform school or district policy on this screening. Aggregate data for the school and school district are sent to the state department of education and individual student results are sent to parents. Data are sent to the department of public instruction only for grant requirement purposes.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the middle school/junior high and high school levels, and to teach online physical education courses.³⁵⁸ It also requires physical education teachers to pass a physical education certificate/licensure exam

(Praxis II and Subject Area Test) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process and providing full funding only if the teacher receives board certification. Teachers may also receive funding and grants to assist with and recognize certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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352 Wis. Admin. Code Pub. Instruction § 8.01 (2015); Wis. Stat. § 121.02 (2015); Wis. Stat. § 118.01 (2015).

353 Wis. Stat. § 118.33 (2015); Wis. Admin. Code Pub. Instruction § 18.03 (2015).

354 Wis. Stat. § 118.33 (2015).

355 Wis. Admin. Code Pub. Instruction § 8.01 (2015).

356 Wis. Admin. Code Pub. Instruction § 8.01 (2015); Wis. Stat. § 118.01 (2015).

357 Wis. Admin. Code Pub. Instruction § 8.01 (2015).

358 Wis. Admin. Code Pub. Instruction § 34.30 (2015).

WYOMING

Amount of Required Physical Education: The state requires students to take physical education in grades K-8, but does not have a requirement for the number of minutes. High schools are required to provide physical education.³⁵⁹ The state does not have a method for enforcing the physical education requirements.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state does not have a requirement for the number of high school physical education credits needed for graduation. State law specifies that students shall demonstrate proficient performance on the uniform student content and performance standards, including physical education.³⁶⁰

Substitutions: Local school districts are responsible for determining any permitted activities that students are allowed to substitute for required physical education participation or credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may not apply for an exemption from required physical education.

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly amount of physical activity for elementary, middle school/junior high, or high school students. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. It does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply.³⁶¹ [The Wyoming Physical Education Content and Performance Standards](#) were last revised in 2014.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The choice of curriculum is a local decision. The state has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts.

State Funding for Physical Education Programs: The funding mechanism for the state's physical education programs in school districts and schools varies by district.

Class Size: The state's required student-teacher ratio for academic classes is applicable to physical education.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment directly related to state physical education standards. Assessments are determined at the local level.³⁶²

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): N/A

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state

certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels.³⁶³ It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis) before they are endorsed to teach physical education.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state does not have a teacher evaluation system for all teachers.

National Board Certification: Support of the National Board Certification process varies by district.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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359 31 Wyo. Code R. § 5 (2015); 31 Wyo. Code R. § 6 (2015); 31 Wyo. Code R. § 4 (2015); Wyo. Stat. Ann. § 16-3-101 (2016); Wyo. Stat. Ann. § 21-9-101 (2015); 26 Wyo. Code R. § 7 (2015).

360 31 Wyo. Code R. § 4 (2015).

361 10 Wyo. Code R. § 7 (2015).

362 31 Wyo. Code R. § 8 (2015); 31 Wyo. Code R. § 10 (2015). 26 Wyo. Code R. §

7 (2015); Memorandum No. 2013-029 - Section 10, Wyo. Dept. of Educ. 31-6 (2013), available at <https://edu.wyoming.gov/wordpress/downloads/communications/memos/2013/029-update-regarding-chapter-31-rules-district-assessment-system.pdf>.

363 4 Wyo. Code R. § 4 (2015).

STATE STANDARDS FOR PHYSICAL EDUCATION

The chart below indicates whether states have adopted physical education standards and what content areas are covered by those standards. Information in this chart is sourced solely from responses to a survey of physical education specialists in state departments of education.

	Has the state adopted standards for physical education?	last revised	National Standard 1: Demonstrates motor skills/movement patterns	National Standard 2: Applies knowledge of concepts related to movement and performance	National Standard 3: Demonstrates knowledge and skills to achieve physical activity and fitness	National Standard 4: Personal & social responsibility in physical education	National Standard 5: Values Physical Activity	Other areas
Alabama	Y	2009	•	•	•	•	•	
Alaska	Y	2009	•	•	•	•	•	
Arizona	Y	2015	•	•	•	•	•	
Arkansas	Y	2011	•	•	•	•	•	
California	Y	2005	•	•	•	•	•	
Colorado	Y	2009	•	•	•	•	•	
Connecticut	Y	2006	•	•	•	•	•	
Delaware	Y	2005	•	•	•	•	•	
District of Columbia	Y	2008	•	•	•	•	•	
Florida	Y	2013	•	•	•	•	•	
Georgia	Y	2009	•	•	•	•	•	
Hawaii	Y	2006	•	•	•	•	•	
Idaho	Y	2010	•	•	•	•	•	
Illinois	Y	2014	•	•	•	•	•	Influence of human body systems on growth and development
Indiana	Y	2010	•	•	•	•	•	Students participate regularly in physical activity
Iowa	N							
Kansas	Y	2005	•	•	•	•	•	
Kentucky	Y	2006	•	•	•	•	•	
Louisiana	Y	2009	•	•	•	•	•	
Maine	Y	2007	•	•	•	•	•	Cooperative and Responsible Behaviors
Maryland	Y	2009	•	•	•	•	•	
Massachusetts	Y	1999	•	•	•	•	•	
Michigan	Y	2008	•	•	•	•	•	
Minnesota	Y	2004	•	•	•	•	•	
Mississippi	Y	2013	•	•	•	•	•	
Missouri	Y	2007	•	•	•	•	•	
Montana	Y	2001	•	•	•	•	•	

	Has the state adopted standards for physical education?	last revised	National Standard 1: Demonstrates motor skills/movement patterns	National Standard 2: Applies knowledge of concepts related to movement and performance	National Standard 3: Demonstrates knowledge and skills to achieve physical activity and fitness	National Standard 4: Personal & social responsibility in physical education	National Standard 5: Values Physical Activity	Other areas
Nebraska	Y	2006	•	•	•	•	•	
Nevada	Y	2014	•	•	•	•	•	
New Hampshire	Y	2005	•	•	•	•	•	
New Jersey	Y	2014	•	•	•	•	•	
New Mexico	Y	2009	•	•	•	•	•	
New York	Y	1996	•	•	•	•	•	Students will understand and be able to manage their personal and community resources.
North Carolina	Y	2011	•	•	•	•	•	
North Dakota	Y	2015	•	•	•	•	•	
Ohio	Y	2015	•	•	•	•	•	
Oklahoma	Y	2003	•	•	•	•	•	
Oregon	Y	2006	•	•	•	•	•	
Pennsylvania	Y	2002	•	•			•	
Rhode Island	Y	2003	•	•	•	•	•	Understands that internal and external environments influence physical activity.
South Carolina	Y	2014	•	•	•	•	•	
South Dakota	Y	2014	•	•	•	•	•	
Tennessee	Y	2008	•	•	•	•	•	
Texas	Y	1998	•	•	•	•	•	
Utah	Y	2016	•	•	•	•	•	
Vermont	Y	2015	•	•	•	•	•	Transferable skills as indicated in Vermont Education Quality Standards section 2120.5
Virginia	Y	2015	•	•	•	•	•	
Washington	Y	2008	•	•	•	•	•	
West Virginia	Y	2008	•	•	•	•	•	
Wisconsin	Y	2010	•	•	•	•	•	Strategies to address the varied learner (adapted).
Wyoming	Y	2014	•	•	•	•	•	

STATE REQUIREMENTS FOR TEACHER CERTIFICATION/LICENSURE IN PHYSICAL EDUCATION

The chart below indicates what states require for physical education teacher certification/licensure. Information in this chart is sourced solely from responses to a survey of physical education specialists in state departments of education.

State	The state requires physical education teachers to be state certified/licensed AND endorsed to teach physical education in elementary school	The state requires physical education teachers to be state certified/licensed AND endorsed to teach physical education in middle/junior high school	The state requires physical education teachers to be state certified/licensed AND endorsed to teach physical education in high school	The state allows elementary classroom teachers (generalists) to teach required elementary school physical education.	The state requires those who teach physical education to pass a physical education certificate/licensure exam.	The state provides professional development events or funding specifically for physical education teachers.	The state has a teacher evaluation system for all teachers.	The state teacher evaluation system applies to physical education teachers.
AL	•	•	•	Yes	Yes	Yes	Yes	Yes
AK				Yes	Yes	No	No	N/A
AZ		•	•	Yes	No	No	Yes	Yes
AR	•	•	•	Yes	Yes	No	Yes	Yes
CA	•	•	•	Yes	No	Yes	No	N/A
CO				Yes	Yes	Yes	Yes	Yes
CT	•	•	•	No	Yes	Yes	Yes	Yes
DE	•	•	•	No	Yes	No	Yes	Yes
DC	•	•	•	No	Yes	Yes	Yes	Yes
FL			•	Yes	Yes	Yes	Yes	Yes
GA		•	•	Yes	Yes	Yes	Yes	Yes
HI	•	•	•	Yes	Yes	Yes	Yes	Yes
ID			•	Yes	No	Yes	Yes	Yes
IL	•	•	•	Yes	Yes	No	Yes	Yes
IN	•	•	•	Yes	Yes	No	Yes	Yes
IA	•	•	•	No	Yes	No	Yes	Yes
KS	•	•	•	No	Yes	No	No	N/A
KY	•	•	•	Yes	Yes	No	Yes	Yes
LA	•	•	•	Yes	Yes	No	Yes	Yes
ME	•	•	•	Yes	Yes	Yes	Yes	Yes
MD	•	•	•	No	Yes	Yes	Yes	Yes
MA		•	•	Yes	Yes	No	No	N/A
MI	•	•	•	Yes	Yes	Yes	Yes	Yes
MN	•	•	•	Yes	Yes	Yes	Yes	Yes
MS			•	Yes	Yes	Yes	Yes	Yes
MO	•	•	•	No	Yes	No	Yes	Yes

State	The state requires physical education teachers to be state certified/licensed AND endorsed to teach physical education in elementary school	The state requires physical education teachers to be state certified/licensed AND endorsed to teach physical education in middle/junior high school	The state requires physical education teachers to be state certified/licensed AND endorsed to teach physical education in high school	The state allows elementary classroom teachers (generalists) to teach required elementary school physical education.	The state requires those who teach physical education to pass a physical education certificate/licensure exam.	The state provides professional development events or funding specifically for physical education teachers.	The state has a teacher evaluation system for all teachers.	The state teacher evaluation system applies to physical education teachers.
MT			•	Yes	No	Yes	No	N/A
NE		•	•	Yes	No	Yes	No	N/A
NV		•	•	Yes	Yes	Yes	Yes	Yes
NH	•	•	•	No	Yes	Yes	Yes	Yes
NJ	•	•	•	Yes	Yes	Yes	Yes	Yes
NM	•	•	•	Yes	Yes	Yes	Yes	Yes
NY	•	•	•	Yes	Yes	No	Yes	Yes
NC	•	•	•	Yes	Yes	Yes	Yes	Yes
ND	•	•	•	No	No	No	No	N/A
OH	•	•	•	Yes	Yes	Yes	Yes	Yes
OK	•	•	•	No	Yes	No	Yes	Yes
OR		•	•	Yes	Yes	Yes	Yes	Yes
PA	•	•	•	No	Yes	Yes	Yes	Yes
RI	•	•	•	No	Yes	No	Yes	Yes
SC	•	•	•	No	Yes	Yes	Yes	Yes
SD	•	•	•	No	Yes	Yes	Yes	Yes
TN	•	•	•	No	Yes	No	Yes	Yes
TX	•	•	•	Yes	Yes	No	No	N/A
UT		•	•	Yes	Yes	Yes	Yes	Yes
VT	•	•	•	No	Yes	Yes	No	N/A
VA	•	•	•	Yes	Yes	Yes	Yes	Yes
WA			•	Yes	Yes	Yes	Yes	Yes
WV	•	•	•	Yes	Yes	Yes	Yes	Yes
WI		•	•	Yes	Yes	Yes	Yes	Yes
WY	•	•	•	No	Yes	No	No	N/A

STATE REQUIREMENTS FOR STUDENT ASSESSMENT IN PHYSICAL EDUCATION

The following states responded that they require student assessment in physical education. The chart below indicates the areas in which student assessment is required. Information in this chart is sourced solely from responses to a survey of physical education specialists in state departments of education.

	National Standard 1: Demonstrates motor skills/movement patterns	National Standard 2: Applies knowledge of concepts related to movement and performance	National Standard 3: Demonstrates knowledge and skills to achieve physical activity and fitness	National Standard 4: Personal & social responsibility in physical education	National Standard 5: Values Physical Activity	Other (Please specify)
CA						Eight required content areas: 1) Effects of physical activity upon dynamic health, 2) Mechanics of body movement, 3) Aquatics, 4) Gymnastics and tumbling, 5) Individual and dual sports, 6) Rhythms and dance, 7) Team sports, and 8) Combatives
CO	•	•	•	•	•	
DC						Beginning in 2012, the District started using the District of Columbia Comprehensive Assessment System (DC-CAS) health evaluation administered in grades 5, 8 and high school year when health is taken. This will include questions related to the physical education standards.
FL	•	•	•	•	•	
GA			•			
HI	•	•	•	•		
ME	•	•	•	•	•	
MO						Fitness
MS	•	•	•	•	•	
NH						No specific requirements from the state other than schools shall provide for ongoing assessment of student learning outcomes.
NJ						Assessments should measure grade level expectations aligned to state standards.
NM	•	•	•	•	•	
NY	•	•	•	•	•	
NC			•			
OH	•	•	•	•	•	
OR						Students are assessed in the area district/school determines. PE teachers choose the standard that they write their student learning and growth goal based on baseline assessment data.
PA	•	•			•	

	National Standard 1: Demonstrates motor skills/movement patterns	National Standard 2: Applies knowledge of concepts related to movement and performance	National Standard 3: Demonstrates knowledge and skills to achieve physical activity and fitness	National Standard 4: Personal & social responsibility in physical education	National Standard 5: Values Physical Activity	Other (Please specify)
RI	•	•	•	•	•	See RI PE Standards & Framework
SC	•	•	•	•	•	
VT	•	•	•	•	•	Transferable skills as defined by Vermont Education Quality Standards, rule 2120.5
WA						Local district decision
WI						Assessment is based on local district curriculum

NATIONAL STANDARDS & GRADE-LEVEL OUTCOMES FOR K-12 PHYSICAL EDUCATION

Physical education has recently undergone a transformation in rigor and focus and now is recognized as essential to a young person's overall education experience and a foundation for lifelong healthy living. SHAPE America has helped spearhead that transformation and, in the past year alone, redefined physical education in its book, [National Standards & Grade-Level Outcomes for K-12 Physical Education](#), as the pursuit of "physical literacy", which parallels the terminology used in other subjects such as health and mathematics. The National Standards for K-12 Physical Education and the accompanying Grade-Level Outcomes identify the skills and knowledge necessary to support the development of physically literate individuals.

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle.

National Standards for K-12 Physical Education

- **Standard 1.** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2.** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3.** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4.** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5.** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Grade-Level Outcomes for K-12 Physical Education

Elementary School Outcomes (K – Grade 5): By the end of Grade 5, the learner will demonstrate competence in fundamental motor skills and selected combinations of skills; use basic movement concepts in dance, gymnastics and small-sided practice tasks; identify basic health-related fitness concepts; exhibit acceptance of self and others in physical activities; and identify the benefits of physically active lifestyle.

Middle School Outcomes (Grades 6 – 8): By the end of Grade 8, the learner will apply tactics and strategies to modified game play; demonstrate fundamental movement skills in a variety of contexts; design and implement a health-enhancing fitness program; participate in self-selected physical activity; cooperate with and encourage classmates; accept individual differences and demonstrate inclusive behaviors; and engage in physical activity for enjoyment and self-expression.

High School Outcomes (Grades 9 – 12): By the end of high school, the learner will be college/career-ready, as demonstrated by the ability to plan and implement different types of personal fitness programs; demonstrate competency in two or more lifetime activities; describe key concepts associated with successful participation in physical activity; model responsible behavior while engaged in physical activity; and engage in physical activities that meet the need for self-expression, challenge, social interaction and enjoyment.

References

SHAPE America. (2014). National Standards & Grade-Level Outcomes for K-12 Physical Education. Reston, VA: Author.

SHAPE America. (2015). The essential components of physical education. Reston, VA: Author.

FEDERAL LEGISLATION IMPACTING PHYSICAL EDUCATION

While decisions about physical education requirements and curriculum are made at the state or school district level, recent changes to federal education policy will play a role in how these decisions are made and provide new opportunities for states and school districts to improve physical education programs.

Every Student Succeeds Act

On December 10, 2015, President Barack Obama signed S. 1177, the [Every Student Succeeds Act](#) (ESSA), which reauthorized the Elementary and Secondary Education Act and replaced the long overdue No Child Left Behind law. The bill passed the Senate and House of Representatives with overwhelming bipartisan support and showed strong Congressional intent for a federal investment in physical education policy through the designation of physical education as part of a well-rounded education and the creation of a new large block grant program for which physical education is eligible.

Well-Rounded Education

The law designates physical education as a part of a well-rounded education. The term “well-rounded education” is a departure from the term used in previous authorizations of the Elementary and Secondary Education Act, “core academic subjects”. This shift in terminology allows included subjects the same access to federal education funding as core academic subjects previously were allowed but also signifies the importance of educating the whole child. The inclusion of physical education in the definition of a well-rounded education means that physical education is now eligible for Title I funding – the largest pot of federal funding for schools – through Local Education Agency (LEA) Plans, schoolwide programs, or Targeted Assistance Programs – as well as funding allocated for Title II and Title IV.

Title I

LEA Plans

LEAs are required to develop plans for Title I funding. The plan must include how the LEA will monitor students’ progress in meeting challenging state academic standards by developing and implementing a well-rounded program of instruction to meet the academic needs of all students.

Schoolwide Programs

An LEA may consolidate and use funds under Title I, Part A together with other federal, state, and local funds, in order to improve overall education programming at a school that serves an eligible school attendance area where at least 40 percent of the children are from low-income families, or at least 40 percent of the children enrolled in the school are from such families. A school that doesn’t meet these requirements may request a waiver from the state education agency to implement schoolwide programs.

An eligible school operating a school wide program is required to submit a plan to the U.S. Department of Education. The plan must include a description of the strategies that the school will be implementing to address school needs, including a description of how such strategies will strengthen the academic program in the school, increase the amount and quality of learning time, and help provide an enriched and accelerated curriculum, which may include programs, activities, and courses necessary to provide a well-rounded education.

Targeted Assistance Programs

Targeted Assistance Programs operate in schools that do not qualify as schoolwide programs or elect not to operate a schoolwide program. Unlike schoolwide programs, Targeted Assistance Schools must focus funds on eligible children who are failing or who are most at risk of failing to meet state standards.

Each Targeted Assistance School is required to serve participating students identified as eligible children and help them meet the challenging state academic standards through programs, activities, and academic courses necessary to provide a well-rounded education to those students.

Title II

The well-rounded education designation also makes physical education eligible for professional development funding under Title II for teachers, principals, and other school leaders. This funding is defined, in part, as activities that are an integral part of school and local educational agency strategies for providing educators (including teachers, principals, other school leaders, specialized instructional support personnel, paraprofessionals, and, as applicable, early childhood educators) with the knowledge and skills necessary to enable students to succeed in a well-rounded education and to meet the challenging state academic standards.

Title IV

Under Title IV, the 21st Century Community Learning Centers, funds flow by formula to states and down to the local level. Authorized local activities that can be implemented through this program include well-rounded education programs.

Student Support and Academic Enrichment Grants

Located under Title IV, Part A, this new block grant is structured to flow by a formula based on state population and poverty levels to the states, who then disperse via formula to school districts. The funds are to support at least one activity or program from three separate categories: well-rounded educational opportunities, which has a minimum 20 percent spending requirement for school districts and for which physical education is eligible; activities to support safe and healthy students, which also has a minimum 20 percent spending requirement for school districts and physical education is explicitly listed as an eligible use; and activities to support the effective use of technology.

Before receiving the funds from the state, school districts must conduct a needs assessment in order to examine needs for improvement of access to and opportunities for a well-rounded education for all students; school conditions for student learning in order to create a healthy and safe school environment; and access to personalized learning experiences supported by technology and professional development for the effective use of data and technology.

Federal Physical Education Legislation and Policy

Several pieces of federal legislation were essential in shaping what became the physical education provisions in ESSA. These bills laid the groundwork and were the vehicles for advocacy and education surrounding physical education on the federal level. These successes would not have been possible without the relentless and years-long advocacy of the members of SHAPE America and volunteers of the American Heart Association, among many other public health and education partners.

Fitness Integrated Into Teaching (FIT) Kids Act

The FIT Kids Act was introduced in several previous sessions of Congress and would restore cuts previously made to the Carol M. White Physical Education Program (PEP), and modify PEP by requiring local educational agencies to annually evaluate the curriculum and report the results of fitness assessments. The bill also would support professional development for health and physical education teachers.

Promoting Health as Youth Skills in Classrooms and Life (PHYSICAL) Act

The PHYSICAL Act was also introduced in several previous sessions of Congress and would include health education and physical education in the definition of core academic subjects in federal education law. The version of the legislation that was introduced in the 114th Session of Congress would also restore PEP funding to the previously appropriated level of \$75 million per year.

Carol M. White Physical Education Program

PEP is a competitive grant program administered by the U.S. Department of Education to LEAs and community-based organizations to either institute or build upon existing physical education and nutrition education programs. Such programs can take place during school hours, before or after school, or in the summer. Fiscal year 2016 is likely the last year that PEP will be appropriated separate funding because it was one of the many programs that was streamlined in the Title IV, Part A block grant program authorized under ESSA. While physical education no longer has its own funding line, the new block grant structure, with robust advocacy, may allow more money to reach more schools for physical education than ever before. The new structure will also be particularly beneficial for low-income schools and schools that did not have the resources to compete for PEP grants in the past.

BUILDING MOMENTUM FOR PHYSICAL EDUCATION ACROSS THE STATES

States and school districts play a critical role in setting requirements for and implementing physical education programs in schools, yet the challenges facing decision making bodies in recent years has been daunting. The policy landscape across the nation is complex as states differ in who has the authority over physical education policy and programs. Federal support for health and physical education programs diminished under the previous federal education law, No Child Left Behind, resulting in marginalized programs and significant funding cuts nationwide. While schools are designed to set kids up for a successful future, competing priorities over the past several years have forced many schools to make difficult decisions. Too often, physical education programs have been cut and students don't receive the amount of physical activity needed to be successful and healthy for a lifetime.

With the recent passage of the latest federal education law, Every Student Succeeds Act (ESSA), states and school districts will play a bigger role in improving access to physical education programs for students. As detailed in Appendix B, the passage of ESSA presents states and schools with new opportunities. School health and physical education programs are considered part of a well-rounded education, providing access to significant funding under Title IV through block grants distributed to states. The inclusion of physical education in ESSA is not a mandate, however, and access to the new funding opportunities will be extremely competitive as physical education programs will be vying for funding along with many other subjects in every state and school district. Leveraging this funding will require parents, physical education educators, and community members to work with state and local agencies to show the clear need for these programs.

Several states are ripe for momentum building. At the time of the writing of this report, during 2016 state legislative sessions, seven states have considered legislation that would set a specific minute requirement for physical education provided to students (Alaska, Arizona, Maryland, New York, Tennessee, Washington, and Wisconsin). In addition, states are looking for other ways to increase physical activity among students. They are considering policies in the following areas: recess (Florida, New Jersey, Virginia, and West Virginia), student assessment (New York, Tennessee, and Oklahoma), and licensure and/or certification of physical education teachers (New Jersey and New York). Moreover, three states (Hawaii, New Mexico, and Tennessee) are considering establishing workgroups to assess the impact of physical education or physical activity on students' academic achievement.

A few states have already made progress in 2016, furthering the momentum. Virginia passed a bill which will require physical activity for children in grades K-5 for at least 20 minutes per day or an average of 100 minutes per week during the regular school year. Recess is allowed to count towards this physical activity minute requirement. Progress was also made in Tennessee with the passage of a bill which will direct schools to assess the amount and effectiveness of physical education programs in schools across the state.

New York City also made progress this year with a new initiative designed to measure progress and increase transparency in regards to the amount and effectiveness of physical education programs in schools. New York City schools will now be required to report on the number of students taking physical education and the amount of instruction they receive per week, certification status of physical education teachers, space and facilities available, substitutions, waivers, and exemptions and a number of other items. While answers to these questions will increase transparency and accountability, the data will more importantly increase understanding of how their physical education programs can be improved.

Voices for Healthy Kids and SHAPE America remain dedicated to ensuring that more frequent, effective physical education is provided to all students in all schools and will support stakeholders in building momentum for stronger programs across their state. This report shows that the vast majority of children are still not participating in adequate physical education programs and is a simple starting place for any state that is ready to get more kids active and healthy in schools.

The fact is, active kids learn better. Effective physical education programs provide the physical activity opportunity that kids need to positively impact their physical, mental, and emotional health. Physical education programs improve judgment, reduce stress, and increase self-esteem. Making sure all students are receiving physical education is a critical part of keeping kids healthy.

Physical education is so much more than physical activity. It's time to better support the whole child. We call on all states to build momentum for physical education. If you are ready to Exercise their Minds™, join in the national movement to protect physical education at www.VoicesforHealthyKids.org/PE and www.shapeamerica.org.

A RESEARCH AGENDA FOR PHYSICAL EDUCATION AND PHYSICAL ACTIVITY IN SCHOOLS

As we continue to advocate for strong, effective physical education in schools, an ongoing research agenda provides important information to policy makers about the role of physical education and physical activity in promoting children's health and overall well-being. There is widespread understanding that physical education programs help students develop the knowledge, skills, and confidence to be physically active for a lifetime. However, as with any program, decision makers want to know what the return on investment will be, how the program addresses health disparities in vulnerable populations, and how it will improve children's growth, mental and social well-being, and academic development. Getting the answers to these important questions requires a rigorous research agenda supported by robust public and private funding. Continued research will inform programmatic and curricular decisions; it will provide science and evidence base for conversations with policy makers, educational leaders and community decision-makers; and underscore the importance of further investment in physical education for our nation's children and our schools.

Research Agenda:

Academic Environment

- The role of physical education in addressing the academic achievement gap in low performing students
- Quantifying and comparing the effects of physical education and physical activity versus extra academic tutoring on test scores and other educational outcomes
- Relationship between school physical education and school behavioral and learning outcomes
- The effect of physical education and physical activity on school attendance and school climate

Economic Studies

- Return on investment or cost-effectiveness studies on physical education and physical activity in schools that provide the evidence base for social impact financing or public investment to sustain these programs
- Development of a "formula" to calculate the cost of daily physical education taught by a certified physical education teacher for all students K-12
- Determine what funding amounts based on state population size are sufficient for effective physical education and physical activity policy implementation
- Determine the relationship between school funding and absenteeism across states
- Evaluation of funding required for technical assistance, staffing, dedicated equipment and facilities improvement to expand physical education programs in high-need schools

Health

- Relationship between physical competence (motor skills) learned in physical education classes and physical activity participation throughout the lifespan
- Relationship between physical education and physical activity participation outside of physical education class during the K-12 school years

- The role of physical education in addressing the drop-off in physical activity typically seen in adolescent girls
- The role of intramural programs in promoting children’s health, including gender differences in participation, physical activity, and satisfaction
- Identifying the most impactful physical activity opportunities for students with disabilities

Surveillance

- The use of mobile health technology to enhance valid and reliable surveillance tools to collect national, state, and local data on physical activity, physical education, and sport participation in children and adolescents

Educational Leaders and Decision-making

- Identify the most important issues for policy makers and educational decision-makers that would convince them to support and implement more physical education in schools
- Focus group interviews of state and district education officials about what information or laws would motivate them to improve accountability for meeting physical education requirements

Implementation

- An environmental scan on how current physical education and physical activity policies in schools are being implemented
- Identify the drivers of poor implementation of state and local physical education policy

Overall Advocacy

- How to generate and evaluate interventions to train and stimulate parents to effectively advocate for physical education and physical activity in schools
- Identify optimal messaging and grassroots engagement for effective advocacy campaigns for physical education in schools