

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).