

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.

Contact Person:

Darryl L. Daily
Associate in Physical Education
New York State Education Department
Curriculum & Instruction
89 Washington Avenue
Room 318 M-EBAEB
Albany, NY 12234
518-474-5922
Darryl.daily@nysed.gov

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).