



**Amount of Required Physical Education:** Virginia mandates physical education in grades K-7, and requires daily recess in elementary school. The state requires all school districts to implement a minimum of 150 minutes of physical activity each week for elementary students, but this may be any combination of physical education classes, extracurricular athletics, or other programs and physical activities deemed appropriate by the local school board.

The state also requires that high schools provide students with physical education. These rules are enforced through the Code of Virginia and Board Regulations.

**High School Graduation Requirements:** The state requires students to earn 2.0 physical education credits for graduation, with 1.0 credit given per school year.

**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:** Exemptions are not allowed.

**State Standards:** The state has developed its own standards for physical education, with which all school districts must comply. The Physical Education Standards of Learning for Virginia Public Schools were last revised in 2008. [See State Standards for Physical Education chart for details.]

**State Curriculum:** The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems have the option of using a commercial curriculum of their choice.

**Class Size:** The state mandates a teacher-to-student ratio, but it is not comparable to other curricular areas.

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**Online Physical Education Courses:** The state allows required physical education credits to be earned through online courses. Content must align with the Physical Education Standards of Learning for Virginia Public Schools. The courses are a local decision, developed by individual school divisions.

**Student Assessment Requirements:** The state requires student assessment in physical education every year in grades 1-12. Results are sent to the state as congregate data for the school, and individual results are sent to each student's parent or guardian. The assessment measures performance of motor/movement skills, physical fitness levels, knowledge of physical education content, participation in physical activity outside of physical education class and personal and social responsibility in physical education.

**Fitness Testing:** The state requires school districts/schools to assess students' physical fitness levels using the FITNESSGRAM.

**Grade Point Average (GPA):** Physical education grades are included in a student's overall GPA.

**State Comprehensive Assessment Test:** The state does not have a comprehensive assessment test for graduation.

**Education Report Card:** The state has an education report card for each school, but physical education is not included as one of the subject areas.

**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 certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. The PRAXIS exam is required for certification, which must be renewed every five years.

**Professional Development of Physical Education Teachers:** Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular areas. No state funding is provided for this professional development.

**National Board Certification (NBC):** The state actively encourages physical education teachers to become certified through the NBC process by providing or facilitating mentoring for teachers going through the process, and providing partial funding if the teacher receives board certification. The local schools may also provide further incentives.

**District Physical Education Coordinator:** The state requires each school district to have a licensed physical educator serving as a PE coordinator.

**Other Notes:** The state is currently developing a state specific physical fitness test, curriculum guide, and new quality physical education standards to include adapted physical education.

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