

2012

Shape *of the* Nation

REPORT



Status of Physical Education in the USA

CONDUCTED BY



National Association for
Sport and Physical Education

*an association of the American Alliance for Health,
Physical Education, Recreation and Dance*

NASPE Sets the Standard



American Heart Association

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Learn and Live.

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This report provides current information on the status of physical education in each of the states and the District of Columbia. Advocates can use this information in presentations, letters and other means of communication with federal and state policymakers, the media and the general public as part of the basis for expanding and improving physical education.

ABOUT THE PROJECT

This project was supported by the professional members and leaders of the National Association for Sport and Physical Education (NASPE), an association of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), and by the volunteers and leaders of the American Heart Association (AHA). NASPE/AAHPERD and AHA are committed to educating and advocating for the importance and need for quality physical education programs for all children and adolescents in grades K–12. We are confident that the information in this latest edition of the Shape of the Nation Report will help bring attention to the need for quality physical education programs that increase the health, academic performance and well-being of all children and adolescents. This report is available online for downloading at www.naspeinfo.org/shapeofthenation.

PURPOSE AND SCOPE

The purpose of this *Shape of the Nation Report* is to provide current information about the status of physical education in each of the 50 states and the District of Columbia in the following areas:

- Time Requirements
- High School Graduation Requirements
- Exemptions/Waivers and Substitutions
- Physical Activity
- Local School Wellness Policy
- Standards, Curriculum and Instruction

- Class Size
- Student Assessment and Program Accountability
- Body Mass Index (BMI) Collection
- Physical Education Teacher Certification/Licensure
- National Board Certification in Physical Education
- State Physical Education Coordinator Requirements

This report not only brings attention to the importance of quality, daily physical education programs for all school-age children, it also provides information that can be used as a basis for expanding and improving physical education programs in those states that need assistance. Quality physical education programs for all of our children are the foundation for healthy, physically active lifestyles as adults. The vision is that every student will become physically educated and thus possess the knowledge, skills and confidence to be physically active and healthy for a lifetime.

METHODOLOGY

During the winter of 2011-12 NASPE asked physical education coordinators in all 50 state education agencies and the District of Columbia (which is counted as a state in this report) to complete an online questionnaire about physical education mandates 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. The profile for each state was returned to the respective state education agency representatives for confirmation of the contents and revisions were made as needed.



Since 1987, the National Association for Sport and Physical Education (NASPE) has compiled the *Shape of the Nation Report* on a periodic basis to measure physical education standards in the American education system. The report is made available to the profession and public to raise awareness and provide data for ongoing evaluation of progress made and challenges remaining.

As with the *2010 Shape of the Nation Report*, NASPE partnered with the American Heart Association (AHA) to collect and assimilate these data, and to provide additional supporting information. The two organizations work together to support physical education and health in schools and advocate at the federal and state levels.

NASPE is the preeminent national authority on physical education and a recognized leader in sport and physical activity, and the AHA is a national voluntary health agency whose mission is to build healthier lives, free of cardiovascular diseases and stroke. Both NASPE and AHA believe in the importance of physical education programs as regular physical activity not only improves one's overall well-being, it is one of the best preventers of significant health problems—including overweight or obesity, high blood pressure and cholesterol levels—linked to many chronic diseases.

The Shape of the Nation Report seeks to track our success, as a nation, in providing daily quality physical education in our schools. The report looks at each state and the guidelines it sets forth toward this goal. The ongoing challenge of such a report, of course, is that there is no standard benchmark against which to measure. Mandates differ widely from state to state. Many state policies are

broad and leave details open to interpretation by local schools, while others are quite prescriptive.

With this in mind, the Shape of the Nation Report survey was limited to categories of information that could be measured across most states; an attempt to compare “apples to apples.” But not all states had every “apple,” so there may not be 51 answers across every category.

A few other things to remember as you review survey results:

- No federal law requires physical education to be provided to students in American schools.
- There are no incentives to states or schools to offer physical education programs.
- States define guidelines and set requirements, but individual school districts are responsible for implementation.
- School districts may choose to meet the minimum standards or might (and often do) go above and beyond basic recommendations.
- A few states opt for “local control,” delegating responsibility for education decisions—including health and physical education—to local school districts.

Despite all the variables, the Shape of the Nation Report does reveal one truth with absolute clarity: that in every state and every school, there are still men and women who do care about the shape of our nation's children and adolescents and they work every day to improve their students' lives and health. This report shows just a fraction of the work that these dedicated individuals undertake, and is a testament to their progress.



Executive Summary

BACKGROUND: THE CURRENT SHAPE OF THE NATION AND WHY WE NEED PHYSICAL EDUCATION IN SCHOOLS

The National Association for Sport and Physical Education (NASPE) believes that every child in the United States deserves a quality physical education and needs physical activity, whether that activity occurs within a formal program or is outside the classroom at recess, through intramurals or in recreational play.

Physical education is based on a sequence of learning. These formalized courses are taught by professionals and focus on the skills and knowledge needed to establish and sustain an active lifestyle. Physical education classes focus on physical activity—running, dancing and other movement but physical education also includes health, nutrition, social responsibility and the value of fitness throughout one's life.

Why is this so important? The U.S. Department of Health and Human Services (HHS) has noted a direct correlation between regular physical activity and health among children and adolescents. For example, kids who are physically active have vigorous cardiopulmonary and respiratory systems: strong hearts and lungs. They have less body fat. And they have strong bones and muscles. All these factors, according to HHS not only make for a healthy childhood, they increase the chance of a healthy adulthood. Risk factors for chronic diseases such as heart disease, high blood pressure, type 2 diabetes and osteoporosis can develop early in life and regular physical activity can be a significant preventative measure.¹

Most health organizations, including NASPE, suggest that “regular physical activity” add up to about an hour per day or more, every day. If this sounds like a lot, remember that the physical activity is cumulative: a child does not need to be active for an hour straight, nor does he or she have to engage in many of the activities that adults consider to be exercise. In fact, kids should engage in variety and activities that are fun and appropriate for

their age.¹ For example, unstructured play during recess or in the backyard counts toward that 60-minute total. Why? Running around wildly is both aerobic and bone-strengthening. 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.¹

Also, children tend to be active intermittently, alternating moderate or vigorous activity with brief periods of rest. They run around for awhile, then slow down a bit. This is true even as children grow into adolescents. Older kids can play more organized games, including sports, and thus sustain longer periods of activity. Regardless, according to HHS guidelines, no period of moderate- or vigorous intensity activity is too short to count toward the recommended daily activity.¹

The reality, of course, is that children and adolescents in the United States are primarily sedentary. Most kids under age 18 spend the majority of their day sitting in classrooms, and a big part of their free time outside of school watching television, playing sedentary video games or surfing the Internet. A required physical education period assures that, at a minimum, they'll get at least a portion of the recommended physical activity in a day.²

But quality physical education goes far beyond that small role. “Physical activity is a behavior,” writes one expert, “and physical education is a curricular area that helps students to develop physical and cognitive skills while engaging in physical activity. Providing time for unstructured physical activity is not the same as providing instructional time for meeting the goals of quality physical education.”³ More than just getting our kids moving once a day, “meaningful and appropriate instruction”² provides opportunities to learn important life skills.

The most obvious lesson, of course, is the importance of being physically active throughout life. Research shows a real link between quality physical education and present and future physical activity participation.² One possible reason for this link is that youth “choose to par-

ticipate in physical activities if they have skills that enable them to participate.”² Through physical education courses—instruction and specific, constructive feedback from a certified teacher—students learn motor skills such as running, jumping, throwing or catching. If you’ve been taught the correct way to catch a baseball, throw a basketball through a hoop or perform a dance, you’ll be more likely to go out and do them on your own, now and 10 years from now.

If this nurturing environment doesn’t sound like the physical education class from your youth, you’re probably right. Gone are the days of calisthenics, mindless exercise and contests that favored the most athletic kids. The focus has shifted to a more equitable curriculum that stresses “performance and personal challenges, high levels of fitness that support good health and exposure to a variety of sport and fitness activities.”³

“The new message that schools are giving kids about exercise is simple,” says one article. “Physical activity comes in many forms, and there is something for everyone. Physical activity must be a regular part of everyday life, as commonplace and important for good health as brushing one’s teeth. Quality physical education and health education programs provide the foundation for healthy, active lifestyles that support all learning and help ensure success in future pursuits.”³

This more balanced approach not only makes physical education class a better experience for the less athletic student, it dramatically expands the skills that each participant gains: social, cooperative and problem-solving competencies and hands-on experience in making self assessments, planning personal programs, setting goals, self-monitoring (through keeping physical activity diaries or logs) and decision making.²

Finally, the benefits of physical education extend outside the gym or playing field and across a student’s entire education experience. Research shows that daily physical education has a positive correlation with academic performance and attitude toward school.⁴ This may be simply because physically fit students have better school attendance records and fewer disciplinary referrals.⁵ But recent research indicates that physical activity might impact academic performance “through a variety of direct and indirect physiological, cognitive, emotional and learning mechanisms”⁶ that we have yet to fully understand.

The conclusion, however, is clear: quality physical education is an essential element in the formative growth of children and adolescents. At a minimum, it assures some degree of regular physical activity for most school-aged students. At its best, however, it creates a

framework of life skills which shape the whole person, encouraging smart choices and influencing a healthy lifestyle. Physical education is, in short, the best hope for the shape of our nation.

METRICS

Key Guidelines for Children and Adolescents

U.S. Department of Health and Human Services
Physical Activity Guidelines for Americans¹

- Children and adolescents (ages 6-17) should engage in 60 minutes or more of physical activity daily, including aerobic, muscle strengthening and bone strengthening exercises.
 - Aerobic: Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous intensity physical activity at least three days a week.
 - Muscle-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity at least three days of the week.
 - Bone-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity at least three days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable and that offer variety.

In support of these guidelines, NASPE recommends 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.⁷

Physical Activity Participation by Young People

The 2011 Youth Risk Behavior Survey⁸ indicates:

- 14% of students did not participate in at least 60 minutes of physical activity on any day during the seven days before the survey.
- 71% of students were physically active at least 60 minutes per day on less than seven days during the seven days before the survey.
- 48% of students did not attend physical education classes in an average week when they were in school.
- 69% of students did not attend physical education classes daily when they were in school.
- 32% of students watched television three or more hours per day on an average school day.

- 31% of students used computers three or more hours per day on an average school day.

Public Support for Physical Education

- The American Academy of Pediatrics, NASPE, the AHA, 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 are on record as supporting the need for physical activity for youth and for quality physical education in schools.²
- Some 31% of physical education teachers perceive increased interest and support from parents regarding students’ physical activity; and 27% perceive increased interest/support from parents regarding students’ physical education.⁹
- According to one survey, nearly all parents (95%) think that regular daily physical activity helps children do better academically and should be part of a school curriculum for all students in grades K-12.¹⁰
- Three out of four parents (76%) think that more school physical education could help control or prevent childhood obesity.¹¹
- The majority of parents believe that physical education is at least as important as other academic subjects. The percentages range from 54% to 84%, depending on the subject being compared.¹⁶
- A survey report from the Harvard Health Forum indicates that 91% of parents surveyed feel that there should be more physical education in schools, particularly for fighting obesity.¹²

Overweight Among Youths

- In 2009-2010, 9.7% of infants and toddlers had a high weight-for-recumbent length.¹³
- In 2009-2010, 16.9% of children and adolescents from two through 19 years of age were obese.¹³
- There was a significant increase in BMI among adolescent males aged 12 through 19 years, but not among any other age group or among females.¹³
- Childhood obesity continues to increase in some countries while in other countries and U.S. demographic groups has apparently plateaued.¹³
- Some have suggested that the prevalence of obesity among children will reach 30% by 2030.¹⁴ However recent data presented herein suggest that the rapid increases in obesity prevalence seen in the 1980s and

1990s have not continued in this decade and may be leveling off.¹³

- During the past 20 years, there has been a dramatic increase in obesity in the United States and rates remain high. In 2010, no state had a prevalence of obesity less than 20%. Thirty-six states had a prevalence of 25% or more; 12 of these states (Alabama, Arkansas, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Tennessee, Texas and West Virginia) had a prevalence of 30% or more.¹⁵

Physical Fitness and Academic Performance

- A 2010 CDC report analyzed a large body of evidence linking physical education and school-based physical activity with academic performance, including cognitive skills and attitudes, academic behaviors and academic achievement.¹⁶ This report notes:
 - Eleven of 14 studies found one or more positive associations between physical education and indicators of cognitive skills and attitudes, academic behavior and/or academic achievement.
 - Overall, increased time in physical education appears to have a positive relationship, or no relationship, with academic achievement.
 - Increased time in physical education does not appear to have a negative relationship with academic achievement.

CRITICAL ELEMENTS OF A QUALITY PHYSICAL EDUCATION PROGRAM

1. Physical education is delivered by certified/licensed physical education teachers.
2. Adequate time (i.e., 150 minutes per week for elementary school students; 225 minutes per week for middle and high school students) is provided for physical education at every grade, K–12.
3. All states develop standards for student learning in physical education reflective of the National Standards for Physical Education.
4. All states set minimum standards for student achievement in physical education.
5. Successfully meeting minimum standards in physical education is a requirement for high school graduation.

POSITIVE PHYSICAL EDUCATION PLEDGE (NASPE, 2004)

As a highly qualified physical education teacher, I pledge to:

- Establish a positive, safe learning environment for all students;
- Teach a variety of physical activities that make physical education class fun and enjoyable;
- Create maximum opportunities for students of all abilities to be successful;
- Promote student honesty, integrity and good sportsmanship;
- Guide students toward becoming skillful and confident movers;
- Facilitate the development and maintenance of physical fitness;
- Assist students in setting and achieving personal goals;
- Provide specific, constructive feedback to help students master motor skills;
- Afford opportunities for students to succeed in cooperative and competitive situations; and
- Prepare and encourage students to practice skills and be active for a lifetime.

Expenditures on Physical Education

- The median physical education budget for schools in the United States is only \$764 per school year (\$460 for elementary, \$900 for middle, and \$1,370 for high schools), and 61% of physical education teachers report an annual budget of under \$1,000. Only 15% report funding of \$2,000 or more.¹⁰
- “School budget” is the most-cited source for program funding (64%), followed by school district budget (38%), PTA/PTO (34%), and grant programs (28%).¹⁰
- It is estimated that obesity will cost the United States \$344 billion in medical-related expenses by 2018, about 21% of our nation’s health-care spending.¹⁷

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OVERVIEW OF 2012 SURVEY RESULTS

The 2012 survey of physical education coordinators in all 50 state education agencies and the District of Columbia finds areas of both improvement and decline since the 2010 Shape of the Nation survey. The majority of states (74.5%) mandate physical education in elementary, middle/high, and high school, but most do not require a specific amount of instructional time and more than half allow exemptions, waivers, and/or substitutions. These “loopholes” continue to reduce the effectiveness of the mandate.

Another pattern with differential impact on physical education is local control of education. Some states establish standards or very broad guidelines for curriculum content but defer specific decisions regarding time, class size, and student assessment to local school districts or even schools. This results in very diverse patterns of delivery for physical education within states.

Other results, including accountability, assessments and even teacher certification, vary widely among the states. Thus, most states can measure their progress only against their own past performance and not a standard benchmark.

Grade-level Mandates and Time Requirements

The majority of states mandate that students must take physical education of some kind. Physical education is mandated in elementary schools in 84.3% of states (43 of 51 responding to this question). This has not changed from 2010. In middle school/junior high schools 80.4% (41 of 51 that responded to this survey question) require physical education, up from 75.5%. There has been a drop in high schools mandating physical education, with 86.3% of states (44 of 51 states responding to this survey question) mandating physical education, compared to 90.2% of states in the 2010 report.

Of those who mandate physical education for elementary school students, 72.3% (34 of 47 respondents) require physical education classes in kindergarten. At the elementary school level, only 31.4% (16 of 51 respondents to this survey question) specify a minimum “minutes per week” or “minutes per day” that students must participate in physical education; three states—New Jersey, Louisiana, and Florida—require the nationally-recommended 150+ minutes per week/30 minutes per day. Further, only 17.6% (9 of 51 respondents to this question) require elementary schools to provide daily recess.

Forty-one of 51 respondents (80.4%) indicated there is a state mandate that middle schools/junior high schools must provide their students with physical educa-

tion. At the middle school/junior high school level, only 35.3% (18 of 51 respondents to this question) specify a minimum “minutes per week” or “minutes per day” that students must participate in physical education. Three states—Montana, West Virginia and Utah—require the nationally-recommended 225+ minutes per week/30 minutes per day.

There is a state mandate in 86.3% of states (44 of 51 respondents to this question) that high schools must provide their students with physical education.

Mandate for physical education	Number of states in 2012	Percentage in 2012 (51 states responding)	Number of states in 2010	Percentage in 2010 (51 states responding)
Elementary	43	84.3%	43	84.3%
Junior High	41	80.4%	40	78.4%
High School	44	86.3%	46	90.2%

Required minutes per week for elementary students (based on 16 survey respondents)

0-29 minutes	0
30-59 minutes	4 (25.0% of responses)
60-89 minutes	3 (18.8% of responses)
90-119 minutes	5 (31.3% of responses)
120-149 minutes	1 (6.3% of responses)
150 minutes or more	3 (18.8% of responses)

Required minutes per week for middle school/junior high school students (based on 14 survey respondents)

0-44 minutes	1 (7.1% of responses)
45-89 minutes	4 (28.6% of responses)
90-134 minutes	3 (21.4% of responses)
135-179 minutes	2 (14.3% of responses)
180-224 minutes	1 (7.1% of responses)
225 minutes or more	3 (21.4% of responses)

Required minutes per week for high school students (based on 10 survey respondents)

0-44 minutes	1 (10% of responses)
45-89 minutes	1 (10% of responses)
90-134 minutes	3 (30% of responses)
135-179 minutes	1 (10% of responses)
180-224 minutes	1 (10% of responses)
225 minutes or more	3 (30% of responses)

Withholding physical activity, including recess, is prohibited in 11 of 51 states (21.6%) that responded to the survey. Additionally, 11 of 51 reporting states indicate that the state prohibits the use of physical activity as punishment for inappropriate behavior.

Substitutions and Exemptions/Waivers

More than half of all states (33 of 51 respondents) permit school districts or schools to allow students to substitute other activities for their required physical education credit. Among those states, common allowances include Junior Reserve Officer Training Corps (JROTC) (18), interscholastic sports (18), marching band (13), cheerleading (11), and community sports (4).

More than half of all states (28 of 51 survey respondents) allow schools or school districts to grant exemptions/waivers for physical education time or credit requirements—though these are not necessarily the same states that allow substitutions. Common reasons for exemptions include health, physical disability, religious beliefs or early graduation. Of the states allowing exemptions or waivers, all but six states leave the reasons for, and granting of, waivers to the local school or school district.

	Number of states in 2012	Percentage in 2012 (51 states responding)	Number of states in 2010	Percentage in 2010 (51 states responding)
Substitutions	33	64.7%	32	62.7%
Waivers	28	54.9%	30	58.8%

Standards and Assessment

Fifty of 51 survey respondents (98.0%) have adopted their own state standards for physical education, but only 76.0% (35 states of 46 survey respondents) require local districts to comply or align with these standards.

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

- 100% (46 survey respondents) address standard 1: development of motor/movement skills, standard 2: knowledge and application of movement concepts, standard 4: development and maintenance of physical activity, and standard 5: personal/social responsibility.
- 95.7% (44 of 46 respondents) address standard 3: regular participation in physical activity and standard 6: valuing physical activity.

Of 51 states responding, 50.9% (26) require some form of student assessment in physical education.

Among the states responding that they require assess-

ment, 73.7% (14) require assessment of physical fitness, 52.6% (10) require assessment of knowledge of physical education content, 47.4% (9) require performance of motor/movement skills and personal and social responsibility in physical education, 42.1% (8) require assessment of participation in physical activity outside physical education class, and 36.8% (7) assess valuing physical activity.

	Number of states in 2012	Percentage in 2012 (51 states responding)	Number of states in 2010	Percentage in 2010 (51 states responding)
Assessments	26	50.9%	19	37.3%

Online Physical Education

Currently, 59.0% of states (30) allow required physical education credits to be earned through online physical education courses. Only 17 out of the 30 states that allow online courses require that they be taught only by state-certified physical education teachers.

Accountability

Of 49 states responding 53.1% (26) require physical education grades to be included in a student's grade point average (GPA).

Body Mass Index (BMI) Collection

Nine states (17.6%) of 51 states responding to the survey question require schools to measure Body Mass Index (BMI) for each student and 23.5% (12) require height and weight measurement for each student. The District of Columbia, Georgia, and Pennsylvania are the only states which require this collection in every grade.

Seven (53.8%) of 13 states responding indicated that congregate BMI data for the school district are sent to the state department of health. Individual student results are sent to the parents of that student in 38.5% (5 of 13 responses) of states.

Teacher Certification/Licensure

The majority of states require that physical education teachers have some sort of licensure or certification. Licensure is required at the elementary school level in 78.4% of states reporting (40 of 51), although 68.6% (35 of 51 states reporting) allow elementary classroom teachers (generalists) to teach required elementary school physical education classes. Certification or licensure of middle school/junior high physical education teachers is required in 82.4% of states (42 of 51

reporting). Certification or licensure of high school physical education teachers is required in 90.2% of states (46 of 51 reporting).

Thirty-five states (68.6% of 51 states reporting) require those who desire to teach physical education to pass a certificate/licensure exam before they can teach physical education.

Physical education teacher certification must be renewed every five years in 71.4% of states (based on 25 of 35 state responses). Certification/licensure renewal is longer than five years in 11.4% of states (4 of 35 responses), every three years in 8.6% of states (3 of 35 responses), less than three years in 5.7% of states (two of 35 responses) and every four years in 2.9% of states (1 of 35 responses).

Most states (72.5% or 37 of 51 states reporting) have a requirement for professional development/continuing education hours/credits for a physical education teacher to maintain or renew their certification. Twenty-four (47.1% of 51 states reporting) require professional development for physical education teachers on physical education topics, comparable to other curricular areas. However, only 19.6% (10 of 51 states responding) provide any funding for professional development that is specifically for physical education teachers.

Of 51 states reporting, 28 (54.9%) grant temporary/emergency certificates to teach elementary, middle/junior high school and high school physical education. Of 29 states that responded to having a minimum requirement for receiving a temporary/emergency certificate, 14 (48.3%) require a bachelor's degree in teaching in any area and 10 require a bachelor's degree in any area but not physical education. In 51.7% of the 28 states responding to this question, the temporary/emergency certificate is valid for one year; it's valid for two years in 13.8% of states responding to the survey; and valid for three years in 17.2% of the states responding.

Temporary Certification	Number of states in 2012	Percentage in 2012 (50 states responding)	Number of states in 2010	Percentage in 2010 (51 states responding)
Elementary	28	56.0%	26	50.9%
Junior High	28	56.0%	29	56.9%
High School	28	56.0%	28	54.9%

Of 51 states reporting, 60.8% (31) of states actively support physical education teachers going through the National Board Certification process

Six of 50 reporting states (12.0%) provide partial funding for cost only if the teacher receives board certification. Four of 50 states reporting (8.0%) provide partial funding regardless of whether the teacher receives certification. Four states give a one-time monetary bonus if the teacher receives board certification, seven states provide an ongoing higher level of pay to all teachers who are national board certified; three provide one or more forms of non-monetary recognition for national board certified teachers.

Only New York requires each school district to have a licensed physical educator serving as a physical education coordinator.

RECOMMENDATIONS FOR ACTION

NASPE and AHA know that physically active, healthy kids learn better. School-age youths need at least 60 minutes of moderate to vigorous physical activity every day.

To achieve that level of activity, NASPE and AHA recommend that schools across the country make physical education instruction the cornerstone of a comprehensive school physical activity program that also includes health education, elementary school recess, after-school physical activity clubs and intramurals, high school interscholastic athletics, walk/bike to school programs, and staff wellness programs. It is particularly important that voluntary programs (i.e. after school physical activity clubs, intramurals) are designed to attract all students, especially those not interested in traditional athletic programs.

Physical education is a planned instructional program with specific objectives. An essential part of the total curriculum, physical education programs increase the physical competence, health-related fitness, self-responsibility, and enjoyment of physical activity for all students so that they can establish physical activity as a natural part of everyday life.

For elementary school students, recess provides an opportunity for needed physical activity. Children learn how to make decisions, cooperate, compete constructively, assume leader/follower roles, and resolve conflicts by interacting in play. Play is an essential element of children's physical and social development.

NASPE and AHA recommend that schools and communities work together to offer a variety of physical

activities as part of before- and after-school child care and recreation programs. Child care providers, recreation staff, and coaches need training to provide developmentally appropriate, safe, and enjoyable activities.

Parents need to be proactive and effective advocates for quality physical education and school physical activity programs, and communities need to develop and promote the use of safe, well-maintained and close-to-home sidewalks, bike paths, trails, and facilities for physical activity and sport participation. Most of all, parents and other adult role models need to set a good example by being active themselves.

In summary, NASPE and AHA recommend the following:

1. Quality physical education is provided to all students as an integral part of K-12 education.
2. Physical education is delivered by certified/licensed physical education teachers.
3. Adequate time (i.e., 150 minutes per week for elementary school students; 225 minutes per week for middle and high school students) is provided for physical education at every grade, K-12.
4. All states develop standards for student learning in physical education reflective of the National Standards.
5. All states set minimum standards for student achievement in physical education.
6. Successfully meeting minimum standards in physical education is a requirement for high school graduation.
7. Other courses and activities that include physical activity should not be substituted for instructional physical education.
8. Physical activity is incorporated into the school day, in addition to physical education, through elementary school recess, physical activity breaks, physical activity clubs, special events, etc.
9. Parents monitor and support their child's physical education progress and regular participation in physical activity.
10. Communities provide and promote the use of safe, well-maintained and close-to-home sidewalks, bike paths, trails, and recreation facilities.





Key State Physical Education Policies and Practices

	AL	AK	AZ	AR	CA	CO	CT	DC	DE	FL	GA	HI	ID	IL	IN	IA	KS	KY	LA	ME	MD	MA
State mandates elementary school physical education	•		•	•	•		•	•	•	•	•	•	•	•	•	•	•		•	•	•	•
State mandates middle school/junior high school physical education	•		•	•	•		•	•	•	•	•	•	•	•	•	•			•	•	•	•
State mandates high school physical education	•			•	•		•	•	•	•	•	•		•	•	•	•	•	•	•	•	•
State grants exemptions/waivers to school districts regarding physical education time or credit requirements	•	•		•	•	•			•	•		•	•	•		•	•	•	•	•		
State permits school districts or schools to allow students to substitute other activities for required physical education credit	•	•		•	•	•				•	•	•	•	•	•	•		•	•			•
State has its own physical education standards	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		•	•	•	•	•	•
State requires student assessment in physical education	•				•	•		•	•	•	•	•									•	
State requires physical education grades to be included in student's GPA	•	•			•				•	•		•	•	•	•		•	•	•	•	•	
State requires all who teach elementary school physical education to be certified/licensed	•		•	•	•		•		•		•			•	•	•	•		•	•	•	•
State requires all who teach middle school/junior high school physical education to be certified/licensed	•		•	•	•		•		•		•			•	•	•	•		•	•	•	•
State requires all who teach high school physical education to be certified/licensed	•		•	•	•		•		•	•		•	•	•	•	•	•		•	•	•	•
State requires professional development/continuing education to maintain/renew physical education teacher certification/licensure		•			•		•	•		•	•	•			•	•	•		•	•	•	•
State provides funding for professional development for physical education teachers			•	•			•						•									
State actively supports the National Board Certification process	•		•	•	•	•		•		•		•		•			•	•	•	•	•	
State requires each school district to have a licensed physical educator serving as PE coordinator																						



MI	MN	MS	MO	MT	NE	NV	NH	NJ	NM	NY	NC	ND	OH	OK	OR	PA	RI	SC	SD	TN	TX	UT	VA	VT	WA	WV	WI	WY	Total
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State Profiles

ALABAMA

Amount of Required Physical Education:

Alabama mandates at least 30 minutes of physical education per day in grades K-5. The state also recommends, but does not require, at least 50 minutes per day of physical education in grades 6-8.

High School Graduation Requirements: Students must also complete a 1.0 credit personal wellness course, Lifelong Individualized Fitness Education (LIFE), for graduation.

Substitutions: State law allows the state superintendent to grant individual students a substitution of interscholastic sports, Junior Reserve Officer Training Corps (JROTC), or marching band for their required physical education credit.

Exemptions/Waivers: Only the state superintendent can grant an exemption to an individual student regarding physical education time or credit. The exemption is valid for a two-year period.

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 school students. Neither does the state 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, and Alabama does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Alabama does support Safe Routes to School programs.

Local School Wellness Policy: The state does require schools or school districts to provide their local school wellness policy to the state education agency, but does not monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The 2009 Alabama Course of Study: Physical Education was last revised in 2009.

State Curriculum: The state requires the use of Department of Education-created curricula for elementary, middle school/junior high and high school physical education, all of which contain a technology component. These curricula specifically do not permit yoga to count as physical education or physical activity.

Class Size: The state mandates 1,000 contacts per week and recommends that physical education classes maintain a teacher-to-student ratio comparable to other curricular areas.

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 in physical education every year starting in grade two.

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

Fitness Assessment: The state mandates, beginning in the academic year 2012-2013, that all students in grades 2-12 must be assessed using the state specific fitness assessment, the Alabama Physical Education Assessment. Results must be reported to the Alabama State Department of Education annually.

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 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 PE classes. A score of 141 on the PRAXIS exam is required for certification.

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. No state funding is provided for this professional development.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by promoting and encouraging teachers to register for the National Board Certification process, providing full funding only if the teacher receives board certification, and providing a one-time monetary bonus 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 PE coordinator.

Other Notes: The state has developed and implemented the Alabama Physical Education Instructional Guide, the companion to the 2009 Alabama Course Study: Physical Education.

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ALASKA

Amount of Required Physical Education:

Alaska does not mandate physical education in elementary or middle school/junior high school. The state mandates high school physical education, but it does not specify the grades of participation, nor the required minutes per week of physical education.

High School Graduation Requirements: The state requires students to earn 1.0 health/physical education credits for graduation. No additional personal fitness or wellness courses are required.

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

Exemptions/Waivers: The state does not grant exemptions to a school district regarding physical education 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 school students. Neither does the state 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, and Alaska does not prohibit the use of

withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Alaska does support Safe Routes to School programs.

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 does monitor the implementation of local school wellness policies.

State Standards: The state developed voluntary standards for physical education in 2009.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: Decisions are made at the local level as to whether physical education credits may be earned through online physical education courses, which courses are offered online, and who is eligible to take online courses.

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

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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

Certification/Licensure of Physical Education Teachers: While the state requires certification of teachers at the elementary, middle school/junior high and high school levels, decisions are made at the local level regarding the need for PE endorsements for physical education teachers.

National Board Certification: The state does not actively encourage physical education teachers to become certified through the National Board Certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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ARIZONA

Amount of Required Physical Education:

Arizona mandates physical education for elementary and middle/junior high school, but does not dictate specific grades or minutes per week. Competency in health/physical education in K-8 is required, but is determined at the local level.

High School Graduation Requirements: The state does not mandate the number of high school physical education credits required for a student to graduate.

Exemptions/Waivers: The state does not have a policy on granting exemptions/waivers for school districts regarding physical education time or credit 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 school students. Neither does the state 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, but Arizona does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, as well as the use of physical activity as punishment for inappropriate behavior. Arizona also supports Safe Routes to School programs.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and monitors the implementation of local school wellness policy through the USDA Coordinated Review Effort.

State Standards: The state has developed its own standards for physical education, but school districts do not have to comply. The “Arizona Physical Education Standards” was last revised in 2009.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. The state allows the local school system, individual schools, and physical education teachers to use a commercial curriculum such as SPARK or CATCH.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: The state allows online physical education courses.

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

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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

Certification/Licensure of Physical Education Teachers: The state requires only an Arizona Teaching Certificate for physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school PE classes.

Professional Development of Physical Education

Teachers: Professional development, continuing education hours or credits are required in order to maintain/renew one’s teacher certification or licensure. No state funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification to teach physical education may be granted for up to one year to anyone holding a bachelor’s degree in any subject area.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by promoting and encouraging teachers to register for 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 PE coordinator.

Other notes: The state currently provides professional development around physical education and standards through the coordinated school health approach.

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ARKANSAS

Amount of Required Physical Education:

Arkansas mandates at least 60 minutes of physical education and instruction in grades K-6. The state also mandates that students in grades 7-8 must receive 60 minutes of physical education and instruction each week or an equivalent amount in each school year (Act 317 of 2007). These requirements are enforced through the Arkansas Standards for Accreditation.

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

Substitutions: The state permits schools to allow students to substitute an “organized physical activity course” for their required 0.5 physical education credit for graduation. The “organized physical activity course” must be taught by a licensed physical education instructor, aligned with the Arkansas Physical Education Curriculum Framework, and must be taught within the school day (Act 660 of 2005).

Exemptions/Waivers: Exemptions and waivers are permitted by local school boards, but must abide by state statutes.

Physical Activity: The state does require elementary schools to provide daily recess and requires a minimum weekly amount of 90 minutes of physical activity time for elementary school students. The state 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, but does not prohibit the use of physical activity as punishment for inappropriate behavior. Arkansas does support Safe Routes to School programs.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency, and monitors the implementation of local school wellness policies through the State Department of Education School Improvement Plan.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The State Department of Education School Improvement Plan was last revised in 2011.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Arkansas allows the local school district the option of utilizing a curriculum based on the needs of the district.

Class Size: The state mandates a teacher-to-student ratio in grades K-6 of 30:1. In grades 7-12 physical education is considered a course that lends itself to large group instruction, therefore, teacher to student ratio is not applicable.

Online Physical Education Courses: Physical education is not offered via distance learning for graduation credit.

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

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

Fitness Assessment: The Arkansas Physical Education Curriculum Framework does require students to participate in a nationally recognized health fitness assessment.

Body Mass Index (BMI): The state requires schools to collect Body Mass Index (BMI) and/or students’ height and weight in grades K, 2, 4, 6, 8 and 10. Individual results and information on BMI are sent to the parent or guardian of each student.

Certification/Licensure of Physical Education Teachers: The state requires a licensed physical education teacher at the middle school/junior high and high school levels. In grades K-6 a licensed and/or qualified physical education teacher will directly supervise physical education instruction.

Professional Development of Physical Education Teachers: All certified employees of public schools must complete 60 hours of approved professional development each year to maintain/renew one’s license.

Temporary Certification: Temporary/emergency teacher certification may be granted for up to two years to anyone holding a bachelor’s degree in any subject area.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process and provides full funding if the teacher receives certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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CALIFORNIA

Amount of Required Physical Education:

California mandates at least 200 minutes of physical education every 10 school days in grades 1-6. The state also mandates at least 400 minutes every 10 school days of physical education in grades 7-12.

High School Graduation Requirements: The state mandates that to fulfill the requirement for high school graduation, students must take two courses of physical education

Substitutions: Substitutions are allowed.

Exemptions/Waivers: Exemptions/waivers are allowed, granted by the school district. Exemptions/waivers can be valid for up to two years.

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 school students. Neither does the state 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, and California 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. California does support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

State Standards: The state has developed “Model Content Standards” for physical education, though school districts are not required to comply. The “Physical Education Framework for California Public Schools” was last revised in 2009.

State Curriculum: The state does not require the use of specific curricula for elementary, middle or junior high school physical education. Local districts have the option of utilizing a commercial curriculum. For high schools, the state requires local school districts to provide a course of study that includes instruction in eight areas over the span of the physical education classes offered as part of the school’s course of study. The eight areas are the mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythms and dance, team sports and combatives (Education Code 51220 and 33352).

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas

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 education in grades 5, 7 and 9. Results are sent to the state as congregate data for the school and for the district. Students must also be notified verbally or in writing of their individual results. The state requires the use of FitnessGram®, to measure performance of motor/movement skills and physical fitness levels.

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

Fitness Assessment: The state requires school districts/schools to assess students’ physical fitness levels in grades 5, 7 and 9 using FitnessGram®.

Body Mass Index (BMI): The state requires schools to collect BMI or students’ height and weight in grades 5, 7 and 9. Results are sent to the state as congregate data for the school and for the district and may be shared publicly.

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 PE classes.

Professional Development of Physical Education

Teachers: No professional development, continuing education hours or credits are required in order to maintain/renew one’s physical education teacher certification or licensure.

Temporary Certification: Temporary/emergency teacher certification may be granted for up to one year to anyone holding a bachelor’s’ degree in any subject area.

National Board Certification: The state actively supports physical education teachers to become certified through the National Board Certification process by promoting and encouraging teachers to register for 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 PE coordinator.

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COLORADO

Amount of Required Physical Education:

Colorado does not mandate physical education in elementary, middle school/junior high or high school.

High School Graduation Requirements: The state does not mandate the number of high school physical education credits required for a student to graduate.

Substitutions: The state permits school districts or schools to allow students to substitute other activities for required physical education credit.

Exemptions/Waivers: The state does not grant exemptions/waivers regarding physical education time or credit requirements.

Physical Activity: The state does not require elementary schools to provide daily recess, but does require a minimum weekly amount 101-150 minutes per week of physical activity time for elementary school students. The state 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, and Colorado does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Colorado does support Safe Routes to School programs.

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 as part of their Food and Nutrition unit evaluations.

State Standards: The state has developed its own standards for physical education, and school districts must comply. The standards were last updated in December 2010.

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 such as SPARK or CATCH.

Class Size: The state does not mandate a teacher-to student ratio comparable to other curricular areas.

Online Physical Education Courses: The state allows physical education credits to be earned through online classes, and all students are eligible to take these classes.

Student Assessment Requirements: The state does require student assessment in physical education in grades 1-12.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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 does not require certification or licensure of physical education teachers at the elementary, middle school/junior high or high school levels. Elementary classroom teachers (generalists) are allowed to teach elementary school physical education classes.

Temporary Certification: Temporary/emergency teacher certification may be granted for up to one year to anyone holding a bachelor's degree in any subject area.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by providing partial funding for the cost if the teacher receives board certification, and by providing a one-time monetary bonus.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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CONNECTICUT

Amount of Required Physical Education:

Connecticut mandates physical education in grades K-8, and high schools must provide physical education courses.

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

Substitutions: Substitution of other activities for physical education credit required for high school graduation is not permitted.

Exemptions/Waivers: Students need a physician's written order for a medical exemption from high school physical education credit and this medical exemption requires an appropriate alternative.

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 school students. Neither does the state 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, but Connecticut does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, as well as the use of physical activity for inappropriate behavior. Connecticut does support Safe Routes to School programs.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and monitors the implementation of local school wellness policies through school food service program compliance reviews.

State Standards: The state has developed its own standards for physical education, although 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.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education, but allows local school systems and individual schools the option of using a commercial curriculum such as SPARK or CATCH.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

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 for physical fitness in grades 4, 6, 8 and 10. The data are sent to the state as congregate data for the school and for the district.

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

Fitness Assessment: The state requires school districts/schools to assess students' physical fitness levels using the "Third Generation Connecticut 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 certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Physical education is taught only by certified physical education teachers. For certification, teachers must earn a score of

at least 175 on the "Physical Education Content & Design Test #0095." This certification 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. No state funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification may be granted for less than one year to anyone holding a bachelor's degree in any subject area.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

Other Notes: Connecticut is a "local control" state, so in many of these areas, the state has recommendations for local districts and schools rather than requirements.

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DELAWARE

Amount of Required Physical Education: Delaware mandates physical education in grades K-8, and requires that high schools provide physical education courses. These requirements are enforced through the Delaware Department of Education Regulation 503.

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

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: School districts are given authority to grant waivers from physical education requirements on the basis of medical status from a certified physician or because of a student's religious beliefs. The waiver must be renewed annually.

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 school students. Neither does the state 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, but Delaware does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, as well as the use of physical activity as punishment for inappropriate behavior. Delaware does support Safe Routes to School programs.

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

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The standards were last revised in 2008.

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 must develop or utilize a curriculum that meets the Delaware Standards for Physical Education.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas

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

Student Assessment Requirements: Delaware passed legislation that requires FitnessGram® and ActivityGram® assessments to be given annually to all students in grades 4, 7, 9 or 10. Results must be shared with parents, guardians or relative care givers. Results are sent to the state as congregate data for the district, and statewide trends are shared publicly each year. Many schools also assess students at additional grade levels than those required.

Fitness Assessment: The state requires school districts/schools to assess students' physical fitness levels using FitnessGram® and ActivityGram® (web-based version 9.2).

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

Body Mass Index (BMI): The state does not recommend or require schools to collect BMI or students' 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. A score of 152 on the PRAXIS II exam is required for certification and this certification 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. State funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification may be granted for up to three years to anyone holding a bachelor's degree in any subject area.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by promoting and encouraging teachers to register for the National Board Certification process, providing or facilitating mentoring for teachers going through the process, and providing 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 PE coordinator.

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DISTRICT OF COLUMBIA

Amount of Required Physical Education: The District of Columbia mandates physical education in grades K-8. The District requires one year of physical education in high school.

High School Graduation Requirements: Students must have one credit of physical education and one semester of health to graduate.

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

Exemptions/Waivers: Exemptions are not allowed.

Physical Activity: The District does not require elementary schools to provide daily recess, but does require a minimum weekly amount of 45-60 minutes per week of physical activity time for both elementary and middle school/junior high school students. There is no minimum weekly requirement for physical activity for high school students. Classroom physical activity breaks are not required, but the District of Columbia does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, as well as the use of physical activity as punishment for inappropriate behavior. The District does support Safe Routes to School programs.

Local School Wellness Policy: The District requires schools to provide their local school wellness policy to the city education agency and monitors the implementation of local school wellness policies through school food service program compliance reviews through visiting schools.

State Standards: The District has developed its own standards for physical education. The Physical Education Standards were last revised in 2007.

State Curriculum: The District does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Individual schools have the option of using a commercial curriculum such as SPARK or CATCH and are currently evaluating all potential curriculums to offer variety.

Class Size: The District mandates a teacher-to-student ratio comparable to other curricular areas.

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

Student Assessment Requirements: Beginning in 2012, the District will use 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.

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

Fitness Assessment: The District does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The District requires schools to collect students' BMI or height and weight, pre-school-12.

Certification/Licensure of Physical Education Teachers: Beginning in September 2012, the District will require certification or licensure of physical education teachers.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by providing or facilitating mentoring for teachers going through the process and providing monetary assistance with the application fee.

District Physical Education Coordinator: The District does not require each school district to have a licensed physical educator serving as a PE coordinator.

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FLORIDA

Amount of Required Physical Education:

Florida mandates a minimum of 150 minutes of physical education each week (with a minimum of 30 consecutive minutes any day physical education instruction is provided) for grades K-5. The state also mandates one class period per day of physical education for one semester of each year for students enrolled in grades 6 through 8. High schools must provide physical education courses. Schools must report participation in physical education through student membership surveys showing enrollment numbers for each school and/or school district.

High School Graduation Requirements: The state requires students to complete 1.0 credit in physical education, with the specific course chosen by the school, Personal Fitness or Health Opportunities through Physical Education (HOPE).

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

Exemptions/Waivers: Schools and school districts can waive the physical education requirement only for specified options. For K-8, this waiver is valid for the current school year only and must be renewed annually.

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 school students. Neither does the state 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, and Florida does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit use of physical activity as punishment for inappropriate behavior. Florida does support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The “Next Generation Sunshine State Standards for Physical Education” was last revised in December 2008.

State Curriculum: The state does not require the use of specific curricula. Local school systems have the option of determining which curricula are used, including, but not limited to, commercial options.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. A course in comprehensive physical education (addressing all state or national standards) is currently offered online. All students are eligible to take online courses. Those courses at the high school level, grades 9-12, must be taught only by state certified physical education teachers.

Student Assessment Requirements: The state requires student assessment in physical education for grades 1-8.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The state requires schools to collect students’ BMI or height and weight in grades 3, 5, 7 and 9. These data are sent to the State Department of Health as congregate data for the school district.

Certification/Licensure of Physical Education Teachers: Certification or licensure of physical education teachers is required only at the high school level. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. The Florida Teacher Certification 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 to maintain/renew one’s physical education teacher certification or licensure. No state funding is provided for this professional development.

Temporary certification: Temporary teacher certification may be granted for up to three years to anyone holding a bachelor’s degree in any subject area.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator.

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GEORGIA

Amount of Required Physical Education:

Georgia mandates physical education in grades K-8. The state also mandates that high schools provide their students with physical education courses.

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

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.

Exemptions/Waivers: Exemptions are not allowed.

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 school students. Neither does the state 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, and Georgia does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Georgia does not support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

State Standards: The Georgia Performance Standards for Physical Education, last revised in June 2009, are based on NASPE standards.

State Curriculum: The state recommends that a sequential, developmentally appropriate curriculum should be designed and implemented to help students acquire the knowledge, skills, attitudes and confidence needed to adopt and maintain a physically active and healthy lifestyle.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas, with a maximum of 40 students per physical education class.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses, and currently offers courses in personal fitness/wellness and in weight training. All students are eligible.

Student Assessment Requirements: The state requires student assessment in physical education. Georgia House Bill 229, signed in April 2009, requires that beginning in the 2011-2012 school year, students in grades 1-12 that are enrolled in physical education class must have an annual fitness assessment. The fitness assessment and data collection will be determined by the state's department of education.

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

Fitness Assessment: The state requires the use of FitnessGram®.

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. Certifications must be renewed every five years.

Professional Development of Physical Education

Teachers: There are no specific physical education requirements for professional development continuing education hours or credits.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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HAWAII

Amount of Required Physical Education:

Hawaii mandates at least 30 minutes of physical education per week in grades K-6. The state also mandates that high schools provide students with physical education and high school students are required, for graduation, to take one year of physical education, during which they must participate in at least 200 minutes per week.

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

Substitutions: The state permits school districts or schools to allow students to substitute other activities for their required physical education credit.

Exemptions/Waivers: Principals have the authority in extreme cases to waive any course requirement.

Physical Activity: The state requires elementary schools to provide daily recess, but does not require a minimum weekly amount of physical activity time for elementary school students. Neither does the state 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, but Hawaii does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, as well as use of physical activity as punishment for inappropriate behavior. Hawaii does support Safe Routes to School programs.

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

State Standards: The state has developed its own 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 2007.

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 approved curricula for school use. Local school systems have the option of using a commercial curriculum such as SPARK or CATCH.

Class Size: The state does not mandate a teacher-to-student ratio.

Online Physical Education Courses: Online physical education courses are available in some schools.

Student Assessment Requirements: Teachers must assess students based upon the Hawaii Content and Performance Standards (HCPS III) for PE grade level benchmarks in grades 1-12.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight on health forms upon entrance and in grade seven.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the high school level. Elementary classroom teachers (generalists) may teach required elementary school physical education classes.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are not required.

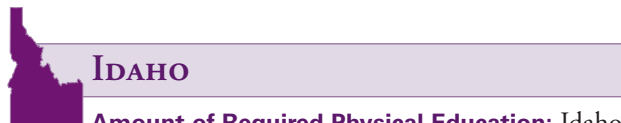
National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by providing or facilitating mentoring for teachers going through the process, and providing a one-time monetary bonus for the teachers who receive board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator. However, Hawaii does have a physical education/health resource teacher in each district. The positions are funded through a memorandum of agreement with the Department of Health and use tobacco settlement funds.

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Amount of Required Physical Education: Idaho mandates physical education in grades K-8. There is no state mandate at the high school level.

High School Graduation Requirements: There is no state mandate at the high school level.

Substitutions: There is no state mandate regarding substitutions.

Exemptions/Waivers: School districts may allow exemptions; however, Idaho does not have a graduation requirement for physical education at the high school level, so waivers are generally unnecessary.

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 school students. Neither does the state 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, and Idaho 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. Idaho does support Safe Routes to School programs.

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 does monitor the implementation of local school wellness policies as part of the review process for schools/school districts by Child Nutrition Staff.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Idaho Content Standards for Physical Education were last revised in 2010.

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 any curriculum, including a commercial option, which has been approved through the state curriculum review process.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: Since physical education is not a graduation requirement, online courses are sometimes offered.

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

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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 only at the high school level. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. Certification must be renewed every five years.

Professional Development of Physical Education

Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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ILLINOIS

Amount of Required Physical Education: Illinois mandates daily physical education in grades K-12. The state enforces this mandate by requiring written assurances from the schools.

High School Graduation Requirements: The state does not mandate the number of high school physical education

credits that are required for high school graduation, however PE is mandated daily for all high school grade levels.

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

Exemptions/Waivers: Districts may request a two-year waiver from the state board of education and can appeal the decision to the legislature. This waiver may be renewed a maximum of twice, for a total of six years.

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 school students. Neither does the state 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, and Illinois does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Illinois does support Safe Routes to School programs.

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 does monitor the implementation of local school wellness policies during the routine administrative review at each school district, which occurs every five years.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The "Illinois Learning Standards" were last revised in 1996.

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 utilizing a commercial curriculum of their choice.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

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 in physical education.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The state requires schools to collect BMI or students' height and weight in grades 1, 6 and 9. This information is collected by the doctor who gives the student his/her required school physical at these grade levels.

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 PE classes.

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: The state actively encourages physical education teachers to become certified through the National Board Certification process by promoting and encouraging teachers to register for the National Board Certification process, providing or facilitating mentoring for teachers going through the process, providing full funding only if the teacher receives board certification, and providing 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 PE coordinator.

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INDIANA

Amount of Required Physical Education:

Indiana mandates physical education in grades K-8, and daily physical activity is required, which can include recess. The state also mandates that high schools provide physical education courses for students.

High School Graduation Requirements: Two credits in physical education (PE I & PE II) are required for all Indiana diplomas.

Substitutions: Through credit flexibility, any activity can be worked into an individual education plan if it helps the student meet the physical education course descriptions and standards. Schools may award credit in any course based on demonstration of proficiency against the academic standards without regard to a minimum amount of instruction. The physical education teacher develops the course requirements, assesses performance and grants the grade and credit.

Exemptions/Waivers: There is no exemption regarding physical education time or credit available in Indiana, with the exception of the credit flexibility mentioned above.

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 school students although daily physical activity is required. Neither does the state 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, and Indiana does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Indiana does not support Safe Routes to School programs.

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 does the state monitor the implementation of local school wellness policies.

State Standards: The state has developed standards for physical education with which all school districts are required to comply. The Indiana Academic Standards were adopted in 2008.

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 the SPARK program.

Class Size: There is no teacher-to-student ratio requirement.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. Local schools determine what their policy is for allowing students to take PE online or through other alternative methods. Local schools also determine the online providers from which

they will accept credit. For credit to be recognized by a local high school, the course must meet the state physical education course description and standards. Local schools decide who is eligible to take online courses.

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

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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 not teach required elementary school physical education classes. A score of 153 on the PRAXIS II exam is required for certification.

Professional Development of Physical Education

Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. State professional development funding has been provided in the past, but fiscal difficulties have resulted in severe cutbacks in professional development funding.

Temporary Certification: Temporary/emergency teacher certification may be granted for up to one year to anyone holding a bachelor's degree in any subject area.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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school students must participate in at least 45 minutes of physical activity per week. The state checks on compliance every five years.

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

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

Exemptions/Waivers: Local schools may grant waivers to students for one semester at a time.

Physical Activity: The state does not require elementary schools to provide daily recess, but does require a minimum weekly amount of 101-150 minutes per week of physical activity time for elementary school students. Additionally, the state requires a minimum weekly amount of 101-150 minutes per week of physical activity time for middle school/junior high school and high school students. Classroom physical activity breaks are not required, and Iowa does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Iowa does support Safe Routes to School programs.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and monitors the implementation of local school wellness policies through accreditation site visits done by state officials.

State Standards: The state does not have its own standards for physical education.


State Curriculum: The state requires the use of specific curricula for elementary, middle school/junior high and high school physical education. Local school systems have the option of using any of the following commercial curricula: SPARK, CATCH, or PE4Life.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: Online courses are permitted and are open to students who request permission to take online courses and are approved by the school. Online courses are taught only by state-certified physical education teachers.

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

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



IOWA
Amount of Required Physical Education: Iowa mandates physical education in grades K-12. High

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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. Certification must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are not required.

Temporary Certification: Temporary or emergency teacher certification may be granted for up to two years to anyone holding a bachelor's degree in education or teaching.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by 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 PE coordinator.

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KANSAS

Amount of Required Physical Education: Kansas mandates physical education from kindergarten through grade 6 (if the school is configured K-6) or grade 8 (if the school is configured K-8). High schools must also provide students physical education.

High School Graduation Requirements: The state requires students to earn 1.0 Carnegie Unit (credit) of physical education, which shall include health, for graduation.

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

Exemptions/Waivers: Waivers may be granted for special education students, students with physical handicaps, and for religious reasons. The waiver duration depends on the student's Individualized Education Plan (IEP).

Physical Activity: The state does require elementary schools to provide daily recess of 11-15 minutes, but does not require a minimum weekly amount of physical activity time for elementary school students. Neither does the state 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, but Kansas does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, as well as the use of physical activity as punishment for inappropriate behavior. Kansas does support Safe Routes to School programs.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and monitors the implementation of local school wellness policies through individual follow-up on each school wellness policy.

State Standards: The state has developed its own standards for physical education, though school districts do not have to comply. The Kansas State Department of Education Physical Education Standards were last revised in 2005 and are based upon the National Physical Education Standards.

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 or individual schools have the option of utilizing commercial curricula or choosing their own.

Class Size: The state does not mandate a teacher-to-student ratio.

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.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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 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 PE classes. Certification 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.

Temporary Certification: Temporary or emergency teacher certification may be granted for less than one year to anyone holding a bachelor's degree in any area.

National Board Certification: The state actively supports physical education teachers to become certified through the National Board Certification process by promoting and encouraging teachers to register for 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 PE coordinator.

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KENTUCKY

Amount of Required Physical Education: Kentucky mandates that high schools must provide their students physical education. There is no state mandate for elementary schools or middle/junior high schools.

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

Substitutions: The state allows substitutions for medical reasons. A local board of education may authorize a substitute physical education course based on a child's capabilities as specified by the child's physician. Junior Reserve Officer Training Corps (JROTC) may be substituted for the PE graduation requirement.

Exemptions/Waivers: The state allows exemptions from the 0.5 high school physical education graduation requirement for religious reasons. A local board of educa-

tion may exempt a child from the graduation requirement when the local board receives an affidavit from the child's parents and church leader. In the alternative, a local board may maintain the physical education graduation requirement if the basis of the religious objections can be accommodated.

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 school students. Neither does the state 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, and Kentucky does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Kentucky does support Safe Routes to School programs.

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 and does not monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, and all school districts must comply. The "Kentucky Core Academic Standards", formerly called the "Program of Studies", were last revised in 2006.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. In March 2009, Kentucky's General Assembly passed Senate Bill 1. Passage of this bill requires the design and development of a state-level model curriculum framework. Model curriculum framework for physical education is currently under development.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

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 in physical education.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The state requires BMI percentile on the physical exam form that is required for school entrance.

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 PE classes. A certification/licensure exam is required for certification.

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. No state funding is provided for this professional development.

Temporary Certification: Temporary or emergency teacher certification may be granted for one year to anyone holding a bachelor's degree in teaching or education.

National Board Certification: The state actively supports physical education teachers to become certified through the National Board Certification process by actively promoting and encouraging teachers to register for the National Board Certification process, 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 PE coordinator.

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**LOUISIANA****Amount of Required Physical Education:**

Louisiana mandates 150+ minutes of physical education per week in grades K-8. The state also requires high schools to provide physical education to their students.

High School Graduation Requirements: The state requires students to earn 1.5 physical education credits for graduation.

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.

Exemptions/Waivers: Waivers and exemptions are granted for health reasons only.

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 school students. Neither does the state 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, but Louisiana does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, as well as using physical activity as punishment for inappropriate behavior. Louisiana does support Safe Routes to School programs.

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 and does not monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Louisiana Physical Education Grade-Level Expectations Handbook from the Louisiana Department of Education was last revised in 2009.

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 or individual schools have the option of utilizing a commercial curriculum.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

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 in physical education.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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 certification or licensure of physical education teachers at the middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school PE classes. An exam is required for certification.

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. No state funding is provided for this professional development.

National Board Certification: The state actively supports physical education teachers to become certified through the National Board Certification process by promoting and encouraging teachers to register for the National Board Certification process, providing full funding only if the teacher receives board certification, and providing a one-time monetary bonus 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 PE coordinator.

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MAINE

Amount of Required Physical Education: Maine mandates physical education in grades K-8. The state also requires high schools to provide physical education to their students.

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

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 Commissioner of Education may grant waivers for one year at a time.

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 school students. Neither does the state 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, and Maine does not prohibit the use of withholding physical activity, including recess, as punish-

ment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Maine does support Safe Routes to School programs.

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 does monitor the implementation of only specific parts of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The 2007 Maine Learning Results: Parameters for Essential Instruction have not been revised.

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 or individual schools have the option of using a commercial curriculum.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

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 in physical education annually in grades 3-8. School districts and teachers decide how to use data. Data are not sent to the Maine Department of Education. The assessment measures performance of motor/movement skills, physical fitness levels, knowledge of physical education content and personal and social responsibility in physical education.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The state requires BMI data to be collected in grades 1, 5 and 9. The congregate data for each school is sent to the state department of health and the state department of education.

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 PE classes, but only if a school district shows that an undue hardship exists. The PRAXIS exam is required for certification, and certification must be renewed every five years.

Professional Development of Physical Education

Teachers: Professional development continuing education hours or credits are required 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.

Temporary Certification: Temporary or emergency teacher certification may be granted for one year. A conditional license requires 24 college credits in the area; a transitional license requires a bachelor's degree in another teaching area and six credits in a new content area.

National Board Certification: The state encourages teachers to become certified through 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 PE coordinator.

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MARYLAND

Amount of Required Physical Education:

Maryland mandates physical education in grades K-8. The state also requires high schools to provide physical education to students. This is enforced by the Code of Maryland Regulations.

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

Substitutions: Substitutions are not allowed.

Exemptions/Waivers: Exemptions are not allowed.

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 school students. Neither does the state 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, and Maryland does not prohibit the use of withholding physical activity, including recess, as punish-

ment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Maryland does support Safe Routes to School programs.

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

State Standards: The state has developed its own standards for physical education, which all local school systems must include in their curricular documents. The Maryland State Curriculum for Physical Education was last revised in May 2009.

State Curriculum: The state requires local schools to utilize curriculum that aligns to the state standards. The local school systems determine the instructional materials and activities that will allow their students to meet the Maryland physical education standards.

Class Size: The state does not specify a teacher-to-student ratio.

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 in physical education.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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. A score of 169 on the PRAXIS exam is required for certification.

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. No state funding is provided for this professional development.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by providing or facilitating mentoring for teachers going through the process, providing partial funding for cost only if the teacher receives board certification and pro-

viding partial reimbursement for teachers going through the process.

District Physical Education Coordinator: The state does not require each local school system to have a licensed physical educator serving as a PE coordinator.

Other Notes: Maryland policy provides local control to the school systems. Most decisions are specific to each local school system regarding grading, assessments and report cards.

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MASSACHUSETTS

Amount of Required Physical Education:

Massachusetts mandates physical education in grades K-12. The state requires high schools to provide students with physical education. Compliance with physical education law is monitored during the coordinated program review that is conducted with all school districts on a rotating basis every six years. A school that does not require physical education in every grade is required to develop corrective action plans.

High School Graduation Requirements: State law does not specify the number of physical education credits required for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute other activities for their required physical education credit. Local school officials have discretion to determine whether and how a student, particularly at the high school level, may meet the physical education requirement through an organized program of instructed physical activity. This discretion is similar to the authority of school officials to permit students to fulfill the requirements of an academic course by taking a course elsewhere that the officials deem to be equivalent.

Exemptions/Waivers: Individual school districts may grant waivers or exemptions.

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 school students. Neither does the state 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, and Massachusetts does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons nor prohibit the use of physical activity as punishment for inappropriate behavior. Massachusetts does support Safe Routes to School programs.

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 school food service reviewers check the local school wellness policy to make sure all required components, including implementation plan, are present. Food service reviews currently take place every five years.

State Standards: The state has developed its own standards for physical education. The Massachusetts Comprehensive Health Curriculum Framework was last revised in 1999.

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 districts decide their own physical education curricula, which may include commercial curricula.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: The use of online physical education courses is up to individual school districts.

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

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The state has a newly-adopted policy which requires collection of students' BMI or height and weight in grades 1, 4, 7 and 10. BMI data will be reported directly and confidentially to a parent or legal guardian and without identifiers to the Massachusetts Department of Public Health. These requirements were to be met by June 30, 2010, by public school systems receiving direct funding from the department for school nursing services, and by June 30, 2011, by all other public schools.

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, as long as they are tested in the licensure exam for the content area of physical education.

Professional Development of Physical Education

Teachers: There is a requirement for professional development continuing education hours or credits for maintaining licensure and it must be on physical education topics, equivalent to professional development time requirements for other subject areas. The state does not provide funding for this professional development.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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MICHIGAN

Amount of Required Physical Education:

Michigan does not mandate that elementary, middle/junior high and high schools provide their students with physical education.

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

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports, Junior Reserve Officer Training Corps (JROTC), marching band and cheerleading for their required physical education credit. Beginning in 2010-2011, students will still be required to show proficiency in the physical education standards even with a substitution in order to be awarded the credit for graduation.

Exemptions/Waivers: Local school districts can grant an exemption to individual students for physical education time or credit. The exemption is valid for a one-year period.

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 school students. Neither does the state 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, and Michigan does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Michigan does support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The “Grade Level Content Expectations for Physical Education” for grades K-8 and was last revised in 2007. There are also Michigan Merit Curriculum Guidelines for high school.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Local school systems have the option of utilizing a commercial curriculum, including Exemplary Physical Education Curriculum (EPEC), CATCH, and SPARK.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: The state does allow required physical education credits to be earned through online physical education courses. However, there are many skills-based requirements and content that cannot be effectively taught in an online course.

Student Assessment Requirements: The state does require student assessment in physical education.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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 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 PE classes. The Michigan Test for Teacher Certification 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 not required in order to maintain/renew one's physical education teacher certification or licensure

Temporary certification: Temporary or emergency certification may be granted to teach at the middle school/junior high school or high school level to anyone holding a bachelors' degree in teaching or education. This certification is valid for one year.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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MINNESOTA

Amount of Required Physical Education:

Minnesota mandates physical education in grades K-8. There is also a state mandate that high schools provide their students with physical education. Local school boards are responsible for ensuring that all state requirements are met.

High School Graduation Requirements: There is no state requirement of physical education credit for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute other activities for their required physical education credit. Each district must develop local standards in physical education and substitutions are permitted if the local district determines that the participation in the activity meets all the standard requirements.

Exemptions/Waivers: The state recognizes exemptions for only religious or health purposes. The local school board can grant these waivers or determine exemptions.

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 school students. Neither does the state 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, and Minnesota does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Minnesota does support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

State Standards: Minnesota has adopted the National Standards for Physical Education, which were developed by the National Association for Sports and Physical Education. Every Minnesota school district is required to adopt these standards, beginning with the 2012-13 school year. Additionally, every school district must have locally developed standards in health education.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. The local school district determines the curriculum, which includes the option of utilizing a commercial curriculum.

Class Size: The state does not specify a teacher-to-student ratio.

Online Physical Education Courses: Physical education credits may be earned through online physical education courses. Content of all online physical education courses are determined by the online providers. Local districts can review the online course syllabus to determine if the course meets the local physical education program requirements in order to extend the credit. All students are eligible, and all courses are taught by state-certified physical education teachers.

Student Assessment Requirements: The state requires student assessment in physical education. Local school districts must develop assessments that meet the state standards.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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 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 PE classes.

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 area. No state funding is provided for this professional development.

Temporary Certification: Temporary or emergency teacher certification may be granted for three years to anyone holding a bachelor's degree in teaching or education.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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MISSISSIPPI

Amount of Required Physical Education:

Mississippi mandates 150 minutes of activity-based instruction per week for K-8. At least 50 of those minutes must be physical education class. The state also mandates at least 45 minutes per week of health education in grades K-8.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credits 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, and cheerleading for their required physical education credit.

Exemptions/Waivers: Only physicians can grant waivers or exemptions.

Physical Activity: The state requires elementary schools to provide daily recess, but does not require a minimum amount of time required for recess. The state also requires a minimum weekly amount of 101-150 minutes of physical activity time for elementary and middle school/junior high school students, but does not require a minimum weekly amount of physical activity for high school students. Classroom physical activity breaks are required in elementary and middle/junior high schools, but Mississippi does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Mississippi does support Safe Routes to School programs.

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

State Standards: All instruction in physical education, health education, and physical activity must be based on the most current state standards provided by the State Department of Education. The Mississippi Physical Education Framework was last revised in 2006.

State Curriculum: The 2006 Mississippi Physical Education Framework provides a planned, sequential K-12 framework that provides cognitive content and learning experiences in a variety of activity areas such as basic movement skills; physical fitness; rhythms and dance; games; team, dual, and individual sports; tumbling and gymnastics; and aquatics. The 2006 Physical Education Framework, Physical Education Evaluation Tool, Physical Education Curriculum Analysis Tool (PECAT), Health in Action, and You've Gotta Move are the resources available on the state department of education's website.

Class Size: The state does not have a mandate for a teacher-to-student ratio, but recommends a ratio of 35:1 for schools that are K-5 or K-6 and a ratio of 40:1 for grades 6 through 12. With a licensed teacher and a teacher assistant, it is recommended the maximum class size for physical education shall not exceed 70 students for grades K-6. If there is a licensed teacher and a teacher assistant it is recommended the maximum class size should not exceed 80 students for grades 7-12.

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 in physical education in grades 5 and in high school the year the students receive their 0.5 Carnegie unit (credit). Results are not required to be sent to the state as aggregate data for the school, and individual student's results are not required to be sent to their parent or guardian. There are suggested assessments designed to assess the objectives and competencies in the Mississippi Physical Education Framework and some environment assessment tools to support quality physical education programs in Mississippi Schools.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol but does require fitness assessment in the grade which the student receives credit.

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 certification or licensure of physical education teachers at the high school level only. Elementary classroom teachers (generalists) may teach required elementary school PE classes. A score of 138 on the PRAXIS exam is required for certification.

Professional Development of Physical Education Teachers: The state does require teachers to attend professional development in order to obtain continuing education credit to renew their teaching license outlined in the Licensure Guidelines from the Commission on Teacher and Administrator Education, Licensure, and Development. The content of professional development is left to the teachers/districts.

Temporary Certification: Temporary or emergency certification may be granted to teach at the elementary or middle school/junior high school level to anyone holding a bachelor's degree in any subject area. This certification is valid for one year.

National Board Certification: The state actively encourages physical education teachers to become certified through 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 PE coordinator.

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MISSOURI

Amount of Required Physical Education:

Missouri requires all school districts to implement a minimum of 150 minutes of physical activity each week for elementary students (grades K-6). The state-mandated 50 minutes of physical education per week and mandated 20-minute daily recess may both count toward this 150-minute total. Schools report the amount of physical education time that they offer students in elementary school in the state's Core Data reporting system. The state also mandates at least 45 minutes per week of physical education in grades 7-8 and encourages districts to implement at least 225 minutes of physical activity per week at this level. The state also requires high schools to provide physical education to students.

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

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 at the high school level.

Exemptions/Waivers: Exemptions are not allowed.

Physical Activity: The state does require elementary schools to provide daily recess for a minimum of 20 minutes, as well as requiring a minimum weekly amount of 150 minutes per week of physical activity time for elementary school students. The state 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, and Missouri does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Michigan does support Safe Routes to School programs.

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 does monitor the implementation of local school wellness policies if the school district's academic performance triggers an accreditation review.

State Standards: The state has developed its own standards for physical education, with which all school dis-

tricts must comply. The Grade Level Expectations for Physical Education were last revised in 2007.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of using a commercial curriculum as long as it adheres to the state standards.

Class Size: The state specifies a teacher-to-student ratio comparable to other curricular areas.

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 in physical education in grades 5 and 9. Results are sent to the state as aggregate data for the school; it is expected that the state will soon require reporting of individual student physical fitness assessment scores.

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

Fitness Assessment: The state requires the use of the "Missouri Physical Fitness Assessment Model." Physical fitness grades are included in a student's grade point average.

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 not teach required elementary school physical education classes. A score of 153 on the PRAXIS Physical Education Content Knowledge exam is required for certification.

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. State funding is provided to each school district for professional development activities, but no additional funds are provided specifically for physical education teachers.

Temporary Certification: Temporary or emergency certification may be granted to teach at the elementary or middle school/junior high school level to anyone holding a bachelor's degree in teaching or education. This certification is valid for two years.

National Board Certification: The state actively encourages physical education teachers to become certified by providing one or more forms of non-monetary recognition for National Board Certified teachers.

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

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Amount of Required Physical Education: Montana mandates physical education in grades K-6. The state also mandates 225+ minutes per week of physical education in grades 7-8 and at the high school level.

High School Graduation Requirements: The state requires students to earn 1.0 health-enhancement credit, with 0.5 credits earned each year, for graduation.

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.

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 school students. Neither does the state 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, and Montana does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Montana does support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Accreditation Standards—Student Content and Performance Standards were last revised in 2001.

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 districts have the option of using a commercial curriculum of their choice.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

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 in physical education. However, districts have the flexibility to determine their own requirements, which may include student assessment.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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.

Professional Development of Physical Education

Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

Temporary Certification: Temporary or emergency certification may be granted to teach at the elementary or middle school/junior high school level to anyone holding a bachelor's degree in teaching or education. This certification is valid for one year.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by providing or facilitating mentoring for teachers going through the process, providing partial funding if the teacher receives board certification, providing a one-time monetary bonus if the teacher receives board certification and providing one or more forms of non-monetary recognition for National Board Certification teachers.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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NEBRASKA

Amount of Required Physical Education: Nebraska mandates physical education in grades K-8. At the high school level, all high schools must offer physical education, but it is up to local school districts as to whether they require the students to take it. The state's Rule 10 requires that schools comply with these regulations to receive state accreditation.

High School Graduation Requirements: The state department of education does not set graduation requirements for schools; this is a local control decision. The majority of Nebraska high schools require a minimum of one semester (1.0 credit) of physical education for graduation. Schools must offer two full years of health and wellness instruction, but local school districts determine what students are required to take for graduation.

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

Exemptions/Waivers: Local school districts can grant waivers or exemptions. The length of the exemption depends on the reason for the exemption/waiver and the local school district.

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 school students. Neither does the state 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, and Nebraska does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Nebraska does support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, modeled on the National Standards for Physical Education. This document is recommended as guidance for local school districts; however, school districts do not have to comply. The Nebraska Physical Education Essential Learnings were last revised in 2006.

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 districts have the option of creating their own curriculum, or using a commercial curriculum of their choice, including any of the following: SPARK, CATCH, Fitness for Life, Physical Best, Stay Physically Active for Life (HS), It's Time to Move! (MS), Michigan Model; Physical Essentials (ES), Physical Focus (MS), or Physical Dimensions (HS).

Class Size: The state does not mandate a teacher-to-student ratio for any curriculum area.

Online Physical Education Courses: The state has no policy on whether physical education credits may be earned through online physical education courses.

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

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight for reporting purposes. Schools collect height and weight at the beginning of each school year as part of the school health screening process, but do not have to report it.

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 not teach required elementary school physical education classes.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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NEVADA

Amount of Required Physical Education:

Nevada requires high schools to provide physical education to students, but does not specify grade levels or minutes per week. There is no state mandate for the elementary school and middle/junior high levels.

High School Graduation Requirements: The state requires students to earn 2.0 physical education credits for graduation. Students must also complete a 1.0 credit personal wellness course.

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

Exemptions/Waivers: The state can grant an exemption to a school district regarding physical education 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 school students. Neither does the state 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, and Nevada does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Nevada does support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

State Standards: The state has developed its own Physical Education Content Standards, with which all school districts must comply. These standards are currently under revision.

State Curriculum: The state does not require the use of a specified curriculum.

Class Size: The state does not mandate a teacher-to-student ratio for physical education classes.

Online Physical Education Courses: The state does allow required physical education credits to be earned 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 the use of a particular fitness assessment protocol.

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

Body Mass Index (BMI): The state requires schools to collect BMI or students' height and weight for a representative sample of pupils enrolled in grades 4, 7 and 10 in the schools within the school district. In addition to those grade levels, a school district may conduct examinations of the height and weight of a representative sample of pupils enrolled in other grade levels within the school district. The Health Division of the Department of Health and Human Services shall define "representative sample" in collaboration with the school districts for purposes of this requirement.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school PE classes. Certification must be renewed every five years.

Professional Development of Physical Education Teachers: The state does require professional development for physical education teachers on physical education topics, comparable to other curricular areas.

National Board Certification: The state actively supports physical education teachers to become certified through the National Board Certification process by providing funding if the teacher receives board certification, providing a one-time monetary bonus, and providing an ongoing higher level of pay.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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NEW HAMPSHIRE

Amount of Required Physical Education: New Hampshire mandates physical education in grades K-8. All high schools are required to provide their students with physical education.

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

Substitutions: The state permits school districts or schools to allow students to substitute other activities for their required physical education credit on a limited basis. The state permits middle and high schools to substitute in-school physical education credits for individual students if the local school board has adopted a policy approving extended learning activities and the student develops an extended learning plan whereas the learning expectations in the plan align with the local school's competencies in physical education. Extended learning refers to learning opportunities outside of the regular school day. Broad substitutions for physical education credits (such as after-school athletics in place of physical education) are not allowed by the state.

Exemptions/Waivers: Waivers are granted for individual students by the office of the Commissioner of Education. The length of the exemption is determined on a case by case basis for individual students or schools.

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 school students. Neither does the state 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, and New Hampshire does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. New Hampshire does support Safe Routes to School programs.

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, and does not monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, though school districts are not required to comply. The “New Hampshire K-12 Physical Education Guidelines” was adopted in 2005.

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 districts have the option of utilizing a commercial curriculum if they choose to do so.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. Personal Fitness/Wellness is currently offered online, and is taught only by state-certified physical education teachers. Student eligibility is determined by local decision and local policy.

Student Assessment Requirements: The state requires student assessment in physical education every year, grades 1-12. Assessment tools and processes are determined at the local level. No state level reporting is required. Assessment practices recommended by the state are classroom-based and student-centered.

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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

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 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 PE classes.

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: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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NEW JERSEY

Amount of Required Physical Education: New Jersey mandates at least 150 minutes of health, safety and physical education per week in grades 1-12. The “NJ Quality Single Accountability System” is the state’s school district evaluation process, which occurs every three years. It requires districts to have a health and physical education curriculum aligned to the most recent version of New Jersey’s Core Standards and evaluates instruction and supervision across all subject areas including physical education.

High School Graduation Requirements: The state requires students to earn 3.75 physical education credits per year (equal to 150 minutes per week) for each year of attendance. For students who complete a traditional four-year high school program, this means attaining a minimum of 15 total credits in high school. There is no statute or regulation that dictates how to divide the required 3.75 credits between health/safety education and physical education.

Substitutions: The state permits school districts or schools to allow students to substitute other activities for their required physical education credits. The options for substitution are a local decision.

Exemptions/Waivers: Exemptions are not allowed.

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 school students. Neither does the state 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, but New Jersey does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, as well as using physical activity as punishment for inappropriate behavior. New Jersey does support Safe Routes to School programs.

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 does monitor the implementation of local school wellness policies during the New Jersey Department of Education QSAC process every three years.

State Standards: The state has developed its own standards for physical education, with which all public school districts must comply. The New Jersey Core Curriculum Content Standards for Comprehensive Health and Physical Education were last revised in June 2009.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of using any curriculum, including commercial options.

Class Size: The state does not specify a teacher-to-student ratio.

Online Physical Education Courses: Option two of the state's graduation requirements permits alternative activities for any subject area, which could include substituting online physical education courses for required physical education credits. The options for substitution are a local decision.

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

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight once per year in grades 1-12. Parents or guardians are notified of specific health concerns.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers who wish to teach at the elementary, middle school/junior high or high school levels. The certification is a K-12 licensure. Elementary classroom teachers (generalists with K-5 certification) may teach required elementary school physical education classes as long as those classes are not more than one-half of their teaching assignment. A score of 148 on the PRAXIS PE Content 10091 or a score of 151 on the Health/PE 20856 exam is required for the physical education certification.

Professional Development of Physical Education Teachers: One hundred hours of professional development continuing education hours or credits are required, but the local district decides the penalty (if

any) for not fulfilling this requirement. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular areas. State funding is not provided for this professional development.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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NEW MEXICO

Amount of Required Physical Education: New Mexico mandates physical education in grades K-12. The state receives written assurances from the school districts that these requirements are being met.

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

Substitutions: The state does not allow substitutions.

Exemptions/Waivers: The state does not allow exemptions or waivers.

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 school students. Neither does the state 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, and New Mexico does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. New Mexico does support Safe Routes to School programs.

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, and does not monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The K-12 Physical Education Content Standards with Benchmarks and Performance Standards were last revised in 2005.

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 districts have the option of writing their own curriculum or utilizing a commercial curriculum of their choice, as long as the curriculum aligns with the state's K-12 Physical Education Content Standards with Benchmarks and Performance Standards.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

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

Student Assessment Requirements: The state requires student assessment in physical education in all grades (1-12). Use of assessment data is determined at the local level.

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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

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 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 PE classes.

Professional Development of Physical Education Teachers: Professional development, continuing education hours or credit requirements are determined at the local level.

National Board Certification: The state actively encourages physical education teachers to become certified through 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 PE coordinator.

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Amount of Required Physical Education: New York mandates at least 120 minutes of physical education per week in grades K-6. The state also mandates at least 90 minutes per week of physical education in grades 7-12 and requires all schools to provide physical education to all students. All students in grades K-3 shall participate in the physical education program on a daily basis. All students in grades 4-6 shall participate in the physical education program not less than three times each week. All students in grades 7-12 shall attend and participate in physical education for not less than three times per week in one semester, and not less than two times per week in the other semester.

High School Graduation Requirements: The state requires students to earn 2.0 physical education credits for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports for their required physical education credit. However each student must demonstrate appropriate levels of knowledge, skills, and physical fitness first.

Exemptions/Waivers: Exemptions are not allowed. However, a student who has completed all other requirements to graduate in less than eight semesters does not have to complete the remaining physical education requirement.

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 school students. Neither does the state 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, and New York does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. New York does support Safe Routes to School programs.

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, and does not monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The “Learning Standards of New York State: Physical Education Learning Standards” were last revised in 1996, and is currently being reviewed.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of utilizing any curriculum, including commercial options.

Class Size: The state does not specify a teacher-to-student ratio.

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 in physical education every year in grades 1-12, evaluating 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.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The state requires schools to collect BMI or students’ height and weight, with results sent to the Department of Health. BMI collection is under the direction of school health services and not physical education.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school PE classes under the direction and supervision of a certified physical education teacher. A licensure exam is required for certification.

Professional Development of Physical Education Teachers: New York has two certifications: Initial (must achieve a master’s degree within five years of receiving their bachelor’s degree); and professional certification (continuously valid with completion of required professional development hours on a five-year professional development cycle). For the latter, professional development continuing education hours or credits are required in order to maintain/renew one’s physical education teacher certification or licensure. State funding is not provided for professional development.

National Board Certification: The state does not actively encourage physical education teachers 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 PE coordinator. This coordinator must also have administrative certification.

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NORTH CAROLINA

Amount of Required Physical Education: North Carolina mandates physical education in grades K-5 and Healthful Living Education (Physical Education and Health Education) in grades 6-12, although it does not specify required days or minutes per week for elementary or middle schools. Schools are expected to follow the North Carolina Essential Standards for Healthful Living, which includes teaching and learning of behaviors that contribute to a healthful lifestyle and improved quality of life for all students.

High School Graduation Requirements: The state requires one unit of Healthful Living Education for high school graduation which includes one semester of physical education.

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: Local school districts can allow a waiver or exemption under special circumstances that prohibit a student from participating in physical education.

Physical Activity: The state does not require elementary schools to provide daily recess, but does require a minimum weekly amount of 101-150 minutes of physical activity time for elementary school students and middle school/junior high school students. The state does not require a minimum amount of physical activity for high school students. Classroom physical activity breaks are not required, but North Carolina does prohibit the use of withholding physical activity, including recess, as pun-

ishment for disciplinary reasons, as well as using physical activity as punishment for inappropriate behavior. North Carolina does support Safe Routes to School programs.

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 standards for physical education, with which all school districts must comply. The Healthful Living Essential Standards were developed in 2010-2011 and replace the NC Healthful Living Standard Course of Study.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of selecting any curriculum, including commercial options as long as it meets the objectives outlined in the standards.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

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 in physical education.

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

Fitness Assessment: North Carolina does not mandate that fitness assessment be done. However, the state has fitness assessment guidelines that have been adopted by the NC State Board of Education, and teachers must follow those guidelines if they choose to conduct fitness assessments.

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 licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Teachers of health education must hold a health education K-12 teaching license (NC Teaching License 097 or 098); teachers of physical education must hold a physical education K-12 teacher license (NC 090). Also, a combined license option for Health and Physical Education (NC 095) becomes effective for NC teachers in September of 2012. Elementary classroom teachers (generalists) may not teach required elementary school PE classes.

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. All content areas (including PE) require one CEU out of the required 7.5 per renewal cycle to be in the teacher-content area.

National Board Certification: The state actively supports physical education teachers to become certified through the National Board Certification process by promoting and encouraging teachers to register for the National Board Certification process and providing an ongoing higher level of pay to all teachers who are national board certified. NOTE: North Carolina is home to more National Board Certified Physical Education teachers than any state.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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NORTH DAKOTA

Amount of Required Physical Education:

North Dakota mandates specific minutes of physical education per week in grades 1-6, varying per grade up to 119 minutes. The state also mandates at least 45 minutes per week of physical education in grades 6-8 and requires high schools to provide physical education to students.

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

Substitutions: The state permits school districts or schools to allow students to substitute physical education specialized courses for their required physical education credit.

Exemptions/Waivers: Exemptions are not allowed.

Physical Activity: The state does require elementary schools to provide daily recess but does not require a minimum weekly amount of physical activity time for elementary school students. Neither does the state 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, and North Dakota does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. North Dakota does support Safe Routes to School programs.

Local School Wellness Policy: The state does require schools or school districts to provide their local school wellness policy to the state education agency, but does not monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, though school districts do not have to comply. The North Dakota PE Content and Achievement Standards were last revised in 2008 and are currently under review.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of using commercial curriculum, including SPARK or CATCH.

Class Size: The state does not specify a teacher-to student ratio.

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 in physical education.

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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

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 not teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development continuing education hours or credits are required to renew any North Dakota teaching teacher's certificate. The state does not provide funding for this professional development.

Temporary Certification: Temporary or emergency certification may be granted to teach physical education at the elementary or middle school/junior high school level to anyone holding a valid North Dakota teaching certificate.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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OHIO

Amount of Required Physical Education: Ohio requires elementary, middle school/junior high and high schools to provide physical education to students. In grades K-8, schools are to provide physical education as a part of their course of study. Schools may assign instructional time in a manner that best meets the learning needs of their students. The school district or school shall provide every student with opportunities to acquire the knowledge and skills to meet local course of study objectives.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credits (120 hours of course instruction) in order to meet the graduation requirement.

Substitutions: The state does not permit substitutions.

Exemptions/Waivers: Local school districts can allow waivers for student participation in interscholastic sports, Junior Reserve Officer Training Core (JROTC), marching band, or cheerleading.

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 school students. Neither does the state

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, and Ohio does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Ohio does support Safe Routes to School programs.

Local School Wellness Policy: The state does require schools or school districts to provide their local school wellness policy to the state education agency, but does not monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education. These standards may be used by local districts as a guide and reference in writing local curriculum. In December of 2007, the state board of education adopted the National Standards for Physical Education as the foundation for the development of benchmarks and indicators. In June of 2009, the state board adopted the benchmarks and indicators along with the previously adopted standards which became the Ohio Academic Content Standards for Physical Education.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of using commercial curriculum.

Class Size: The state does not specify a teacher-to-student ratio.

Online Physical Education Courses: The state allows students to take online courses to earn physical education credit. Student eligibility for this option is approved by the local district.

Student Assessment Requirements: The state requires student assessment in physical education beginning in the 2012-2013 school year.

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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

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 licensure or certification of physical education teachers at the high school level. Physical education specialists may hold a P-12 license/certificate or a 7-12 license/certificate and can teach the appropriate

grade levels. Elementary classroom teachers (generalists) may teach K-8 physical education classes. A score of 153 on the PRAXIS exam is required in order to become a licensed physical education teacher. The state license must be renewed every five years.

Professional Development of Physical Education

Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher licensure or certification. No state funding is provided for this professional development.

National Board Certification: The state does not have funding and personnel to support teachers to become certified through 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 PE coordinator.

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OKLAHOMA

Amount of Required Physical Education:

Oklahoma mandates a minimum of 60 minutes of physical education per week in grades K-5. Oklahoma also requires additional 60 minutes of physical activity for grades K-5 each week, which may include, but not be limited to, physical education, exercise programs, fitness breaks, recess, classroom activities, and wellness and nutrition education. The state also requires middle school/junior high and high schools to provide physical education to students. These mandates are enforced through annual accreditation reporting.

High School Graduation Requirements: The state does not specify the physical education credits for graduation.

Exemptions/Waivers: The state does not allow exemptions or waivers of required physical education credit.

Substitutions: The state permits school districts or schools to allow students to substitute inter-scholastic sports, marching band, and cheerleading for their required physical education credit.

Physical Activity: The state does require elementary schools to provide 20 minutes of daily recess. Additionally, the state requires a minimum of 60 minutes of weekly physical activity time for elementary school stu-

dents which may include but not be limited to physical education, exercise programs, fitness breaks, recess, classroom activities, and wellness and nutrition education. The state 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, and Oklahoma does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Oklahoma does support Safe Routes to School programs.

Local School Wellness Policy: The state does require 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 standards for physical education. Priority Academic Student Skills: Health/Safety and Physical Education was last revised in 2003.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

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 in physical education.

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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

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 require certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Physical education teachers must pass a licensure exam with a score of 240 points or higher. Certification 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 and the state does provide funding for professional development.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by mentoring teachers throughout the process. The state also provides funding for the certification if the teacher completes the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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OREGON

Amount of Required Physical Education: The state requires high schools to provide physical education to students. Currently, Oregon does not have a law mandating PE minutes in grades K-8. However, House Bill 3141, passed in 2007 but not effective until 2017-18, will mandate minutes per week in physical education for K-8 students. Oregon is collecting data on current level of physical education minutes in grades K-8 (currently set by local districts) and assessing current school facilities. The state has also been providing districts with competitive grant money to hire PE teachers to reach the minute requirements.

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

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports and community sports for their required physical education credit. Each district develops its own policies and procedures for this process. It is on a student by student basis and is tied to comprehension of Oregon's PE standards.

Exemptions/Waivers: Oregon is a local control state. Each district's school board develops their own policies and procedures for granting student exemptions/waivers for PE.

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 school students. Neither does the state 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, but Oregon does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, as well as using physical activity as punishment for inappropriate behavior. Oregon does support Safe Routes to School programs.

Local School Wellness Policy: The state does require 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 standards for physical education, with which all school districts must comply. The Oregon Physical Education Standards were last revised during the 2005-06 school year.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Since Oregon is a local control state, each district selects its own curricula either off the Oregon Board of Education's approved list or through an independent adoption process.

Class Size: The state does not mandate a teacher-to-student ratio.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. Courses include comprehensive physical education (addresses all state or national standards); personal fitness/wellness; sports (e.g., golf); and weight training. Each district sets its own requirements for online physical education. Oregon's Distance Learning Charter schools also offer a variety of options for PE. All online courses must be tied to Oregon's PE standards.

Student Assessment Requirements: The state does not require student assessment in physical education. This decision is made at the local level.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school PE classes. Certification must be renewed every five years, after the initial three-year license.

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.

Temporary Certification: Temporary or emergency certification may be granted to teach physical education at the elementary, middle school/junior high and high school levels.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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PENNSYLVANIA

Amount of Required Physical Education: Pennsylvania mandates physical education in grades K-6. The state also mandates that middle school/junior high schools and high schools provide physical education to students. Planned instruction is mandated for every student every year in the primary (generally K-3) and intermediate (generally 4-6 but dependent on the district configuration) levels. Planned instruction must be provided to every student in the middle school program but it is not mandated every year. The local school district determines the grade level. Planned instruction must be provided to every student in the high school program but it is not mandated every year. The local school district determines the grade level and the number of minutes per week.

High School Graduation Requirements: The state focuses on the standards rather than physical education credits for graduation. The state requires course completion, grades and the results of local assessments aligned to the academic standards.

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.

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 school students. Neither does the state 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, and Pennsylvania does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Pennsylvania does support Safe Routes to School programs.

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 standards for physical education, with which all school districts must comply. The Academic Standards for Health, Safety and Physical Education were last revised in 2003.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Local school districts have the option of using any curriculum, as long as the program aligns with the Pennsylvania state standards.

Class Size: The state does not mandate a teacher-to-student ratio.

Online Physical Education Courses: The state allows online courses for physical education credits but only Cyber Charter School students are eligible to take online courses. Currently, a course in comprehensive physical education (addressing all state or national standards) is offered online and must be taught by a state-certified physical education teacher.

Student Assessment Requirements: Schools must have an assessment system in place to monitor progress on the standards. Results are used by school districts to determine progress on the Health, Safety and Physical Education Standards. The standard benchmarks are grades 3, 6, 9, and 12 but may be assessed earlier. Formative assessment is expected to be ongoing within the physical education class.

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight once per year in grades 1-12. Results are sent to the state as aggregate data

for the school. Individual student results are sent to the parents or guardians with an explanation of the BMI, the BMI score, BMI classification and, if necessary, recommendations to further discuss the results with a family physician.

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 within a self-contained classroom.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain one's health and physical education teacher certification. Teachers must obtain 180 hours of professional development over a five-year period. The state requires that professional development be provided in the area of assignment. Physical education teachers must be provided professional development on physical education topics, comparable to other curricular areas. A certification can become inactive if professional development requirements are not met. Upon completion of the professional development requirements the certification is reactivated. State funding is provided to the schools for professional development.

National Board Certification: The state actively encourages all teachers to become certified through the National Board Certification process. Physical education, however, is not one of the priority disciplines.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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RHODE ISLAND

Amount of Required Physical Education: The state mandates physical education in elementary school, middle school/junior high school and high school. RI mandates an average of 100 minutes per week of health and physical education. Recess, free play, and after-school activities are not counted as physical education.

High School Graduation Requirements: The state does not mandate the number of high school physical education credits that are required for a student to graduate.

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.

Physical Activity: The state requires elementary schools to provide daily recess, but does not specify the minimum amount of time required. Neither does the state require a minimum weekly amount of physical activity time for elementary, middle school/junior high school and high school students. Classroom physical activity breaks are not required, and Rhode Island does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Rhode Island does support Safe Routes to School programs.

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 does monitor the implementation of local school wellness policies through the Rhode Island School Health Report.

State Standards: The state has developed its own standards for physical education. The Rhode Island Physical Education Framework has been endorsed by the Rhode Island Board of Regents to guide physical education curriculum, instruction and assessment. According to the state law (RI 2008 Public Laws, Chapters 08-254 & 08-463), by September 2012, school PE curricula must be aligned with the standards and performance indicators.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Local school systems have the option of utilizing a commercial curriculum such as SPARK or CATCH if they choose to do so.

Class Size: There is no state mandate regarding a maximum teacher-to-student ratio in elementary, middle school/junior high, or high school physical education classes.

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

Student Assessment Requirements: Student assessment is not required but schools and school districts are expected to align any assessments they do conduct with the Rhode Island Physical Education Framework: Supporting Physically Active Lifestyles through Quality

Physical Education as promulgated by the Rhode Island department of education and consistent with the instructional outcomes.

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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

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 certification of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may not teach required elementary school PE classes. The All Grades Physical Education Certificate is valid for assignment as an All Grades Physical Education teacher in grades PK - 12 in Rhode Island public schools. The PRAXIS II Principles of Learning and Teaching Grades K-6 or Grades 7-12 is required for certification.

Professional Development of Physical Education

Teachers: The Rhode Island Model Evaluation System requires all educators to write a professional development plan as part of their yearly evaluation. No state funding is provided for this professional development.

Temporary Certification: The Emergency Route Preliminary Certificate is a preliminary certificate awarded to prospective educators at the request of an employing agency when a fully-certified and qualified educator who meets the criteria for the position cannot be secured. Applicants for an emergency route preliminary certificate must meet the specific requirements of the Rhode Island Department of Education.

National Board Certification: The state actively supports physical education teachers to become certified through the National Board Certification process by promoting and encouraging teachers to register for 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 PE coordinator.

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SOUTH CAROLINA

Amount of Required Physical Education: South Carolina mandates at least 60 minutes of physical education per week in grades K-5. The state also mandates that middle school/junior high and high schools provide physical education to students.

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

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.

Exemptions/Waivers: Waivers are allowed for medical or religious reasons.

Physical Activity: The state does not require elementary schools to provide daily recess, but does require a minimum weekly amount of 76-100 minutes of physical activity time for elementary school students. The state 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 required only in elementary schools, and South Carolina does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. South Carolina does support Safe Routes to School programs.

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 standards for physical education, with which all school districts must comply. The South Carolina Academic Standards for Physical Education were last revised in 2008.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Commercial curricula may be used.

Class Size: The state mandates a 40:1 student-to-teacher ratio, which is not comparable to other curricular areas.

Online Physical Education Courses: Physical education credits may be earned through online physical education courses. The following are currently offered online: comprehensive physical education (addresses all state or national standards), personal fitness/wellness, sports (e.g., golf), and weight training. All students are eligible.

Student Assessment Requirements: The state requires student assessment in physical education in grades 2, 5, 8 and 9. Students' performance of motor/movement skills, physical fitness levels, knowledge of physical education content and participation in physical activity outside of physical education class are assessed. Results are used to evaluate program effectiveness.

Fitness Assessment: The state requires the use of FitnessGram® in the South Carolina Physical Education Assessment. FitnessGram® reports are sent to parents or guardians of students in grades 5, 8 and high school.

Body Mass Index (BMI): The state requires schools to collect body composition, students' BMI or height and weight once per year in grades 5, 8 and 9. Individual student results are sent to parents or guardians.

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 not teach required elementary school physical education classes. Grades of 146 on content knowledge and 160 on the video portion of the PRAXIS II exam are 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. No state funding is provided for this professional development.

Temporary Certification: Temporary or emergency certification may be granted to teach at the elementary, middle school/junior high school or high school level to anyone completing the Program of Alternative Certification for Educators program. This certification is valid for three years.

National Board Certification: The state encourages physical education teachers to become certified through 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 PE coordinator.

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SOUTH DAKOTA

Amount of Required Physical Education:

The state does not mandate physical education in elementary school or middle school/junior high school. The state mandates physical education or health education in high school, but it does not specify the grade or year of participation during a student's high school tenure.

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

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.

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 school students. Neither does the state 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, and South Dakota does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. South Dakota does support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education. The South Dakota Physical Education Standards were last revised in 2006.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Commercial curricula may be used by local districts.

Class Size: The state does not mandate a teacher-to-student ratio for physical education classes.

Online Physical Education Courses: The state allows online courses, which currently include comprehensive physical education (addressing all state or national standards) and personal fitness/wellness. The courses are taught by state-certified physical education teachers. Students must request permission and be approved to take online courses.

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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

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 not teach required elementary school PE classes. A score of 140 on the PRAXIS and PRAXIS II exams are required for certification. The certification 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. No state funding is provided for this professional development.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by providing full 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 PE coordinator.

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TENNESSEE

Amount of Required Physical Education: Tennessee mandates health and physical education in grades K-8 through Minimum Rules and Regulations from the State Board of Education. The state mandates a credit requirement for high school physical education. There are no time requirements for physical education.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credit for graduation but it does not specify the grade or year of participation during a student's high school tenure. Students must also complete a 1.0 credit personal wellness course

(Lifetime Wellness). The course must be based on the state curriculum standards and must integrate concepts from the areas of health and physical fitness.

Substitutions: Credit earned in Junior Reserve Officer Training Corps (JROTC), marching band, cheerleading, and interscholastic sports may be substituted for the physical education requirement provided the local board of education has complied with the requirements of the State Board of Education.

Exemptions/Waivers: Exemptions and waivers are not allowed.

Physical Activity: The state does not require elementary schools to provide daily recess, but does require a minimum weekly amount of 90 minutes of physical activity time for elementary school students. The state also requires a minimum weekly amount of 90 minutes of physical activity time for middle school/junior high school and high school students. Classroom physical activity breaks are not required, and Tennessee does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Tennessee does support Safe Routes to School programs.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency, and each school district has a Coordinated School Health Coordinator who monitors the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, health education and lifetime wellness with which all school districts must comply. These were last revised in 2008.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Commercial curricula may be used by local districts.

Class Size: The state requires a maximum student-to-teacher ratio for PE classes following the same requirements as a standard class. Standard classroom teachers have the following standards: grades K-3, minimum 20, maximum 25 students; grades 4-6, minimum 25, maximum 30 students; grades 7-12, minimum 30, maximum 35 students.

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

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

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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

Body Mass Index (BMI): The state requires schools to collect Body Mass Index (BMI) or students' height and weight once per year in grades 2, 4, 6, 8 and 9. Results are sent to the state as congregate data for the school district and this information is shared publically. Individual student results are sent to each student's parents or guardian, along with a written screening guide explaining these results.

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 not teach required elementary school PE classes. The PRAXIS exam is required for certification.

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. State funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification to teach physical education may be granted for up to one year to anyone holding a bachelor's degree in any subject area.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator. Each district has a Coordinated School Health Coordinator and at the state level the Tennessee Department of Education is required to hire a state coordinator and specialist in physical education through the Office of Coordinated School Health.

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Amount of Required Physical Education: Texas does not mandate physical education in elementary, middle/ junior high or high school. Local school districts establish minimum requirements.

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

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

Exemptions/Waivers: The State Board of Education does not allow exemptions or waivers.

Physical Activity: The state does not require elementary schools to provide daily recess, but does require a minimum weekly amount of 101-150 minutes of physical activity time for elementary school students. The state also requires a minimum weekly amount of 101-150 minutes of physical activity time for middle school/junior high school, but does not have a minimum weekly requirement for high school students. Classroom physical activity breaks are not required, and Texas does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Texas does support Safe Routes to School programs.

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 and does not monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Texas Essential Knowledge and Skills (TEKS) were last revised in 1998.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Local school systems have the option of utilizing the CATCH commercial curriculum if they choose to do so.

Class Size: The state specifies a student-to-teacher ratio of 45:1 for physical education classes, which is not comparable to other curricular areas.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. Currently, Foundations of Personal Fitness, a course on personal fitness and wellness, is offered. This option is open to students who request permission and are approved to take online courses. All online courses provided through the Texas Virtual School Network must be taught by teachers with Texas certification in the course subject area and grade level.

Student Assessment Requirements: The state requires student assessment in physical fitness every year starting in grade 3 and continuing through grade 12. Physical fitness levels are measured and results are sent to the state as congregate data for the district and may be shared publicly. Individual student results are sent to parents or guardians. The data may also be used for research studies.

Fitness Assessment: The state requires school districts/schools to assess students' physical fitness levels using the FitnessGram®.

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

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 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 PE classes. Evidence of "necessary skills and knowledge" must be documented through in-service records, seminar attendance records, or transcripts of college courses. Teachers certified in other course content areas may elect to take a required exam for PE certification.

Temporary Certification: Temporary/emergency teacher certification to teach physical education is available to those with a Bachelor's degree and a minimum of 24 hours of coursework in physical education. Temporary/emergency certification is valid for one year.

Professional Development of Physical Education Teachers: No professional development, continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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UTAH

Amount of Required Physical Education: Utah mandates physical education in grades K-6. The state also mandates a minimum of 225+ minutes per week of physical education in grades 7-8 and a minimum of 225+ minutes per week for three years in high school.

High School Graduation Requirements: The state requires students to earn 1.5 physical education credits for graduation, which includes a 0.5 credit personal wellness course, Fitness for Life. Students are also required to complete a 0.5 credit health education course.

Substitutions: The state permits school districts or schools to allow students to substitute two seasons of interscholastic sports participation for a one-time, 0.5 physical education credits. Substitutions for the Fitness for Life requirement are not permitted.

Exemptions/Waivers: Exemptions are governed by state core curriculum guidelines and may be granted only for medical reasons as outlined in writing by a physician.

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 school students. The state does require a minimum weekly amount of 200+ minutes of physical activity time for middle school/junior high schools and requires a minimum weekly minimum of 225 minutes of physical activity for high school students. Classroom physical activity breaks are not required, and Utah does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Utah does support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which all school dis-

tricts must comply. This is called the Utah State Office of Education Physical Education Core Curriculum, with the elementary school version last revised in 2008 and secondary version last revised in 2007.

State Curriculum: The state requires the use of Department of Education standards-based curricula for elementary, middle school/junior high and high school physical education, all of which contain a technology component. The elementary school curriculum specifically prohibits dodge ball as physical education or activity.

Class Size: The state recommends no more than a 40:1 student-to-teacher ratio

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. A course in personal fitness and wellness is currently offered. All students are eligible to take online courses, which are taught only by state-certified physical education teachers.

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

Fitness Assessment: The state recommends the use of FitnessGram® for school districts/schools which assess students' physical fitness levels.

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

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. A score of 152 on the PRAXIS exam is required for certification. This certification 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. State funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification to teach physical education is available in middle school/junior high and high school. This may be granted for up to two years to anyone holding a bachelor's degree in any subject area who have earned a minimum of nine hours of physical education credit.

National Board Certification: The state does not actively encourage physical education teachers to become certified through 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 PE coordinator.

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VERMONT

Amount of Required Physical Education: Vermont mandates physical education in grades K-12. There are no minutes per week requirements at any level.

High School Graduation Requirements: The state requires students to earn 1.5 physical education credits for graduation.

Substitutions: Local school districts may decide to allow substitutions.

Exemptions/Waivers: The state oversees exemptions and waivers, but there are currently none on file. The length of the waiver depends on the individual proposal submitted.

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 school students. Neither does the state 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, and Vermont does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using physical activity as punishment for inappropriate behavior. Vermont does support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, which are to be addressed and assessed in all school districts. The Grade Expectations for Vermont's Framework of Standards and

Learning Opportunities—Physical Education were last revised in 2004.

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; the state does not collect information on what curricula are used.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: The state does not have a position on whether physical education credits may be earned through online physical education courses. This is a local decision.

Student Assessment Requirements: The state requires student assessment in physical education within the following grade clusters, PK-K, 1-2, 3-4, 5-6, 7-8, and 9-12. 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 are assessed. Data use is determined by the local school.

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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 not teach required elementary school physical education classes. All Vermont education licensure candidates must pass the PRAXIS 095.

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 offers (but does not require) professional development for physical education teachers on physical education topics, comparable to other curricular areas. No state funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification to teach physical education may be granted for up to two years to anyone holding a bachelor's degree in any subject area.

National Board Certification: The state actively encourages physical education teachers to become certified through 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 PE coordinator.

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Amount of Required Physical Education: Virginia mandates physical education in grades K-7, with most school divisions allowing physical education as an elective in grade eight. Students must take two years of health and physical education in high school.

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

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

Exemptions/Waivers: Exemptions are not allowed.

Physical Activity: The state does require elementary schools to provide daily recess, but does not require a minimum weekly amount of physical activity time for elementary school students. Neither does the state also 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, and Virginia does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Virginia does support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

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.

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 utilizing a commercial curriculum if they choose to do so.

Class Size: The state mandates a teacher-to-student ratio, but it is not comparable to other curricular areas. Physical education teachers may teach up to 1,000 students per week.

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, grades 3-10. 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 PE class, and personal and social responsibility in physical education.

Fitness Assessment: The state requires school divisions/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.

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 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 PE 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: The state actively supports physical education teachers to become certified through the National Board Certification process by actively promoting and encouraging teachers to register for the National Board Certification process, providing or facilitating mentoring for teachers going through the process, and providing partial funding for cost only if the teacher receives board certification. The local schools may also provide further incentives.

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

Other Notes: Virginia 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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WASHINGTON

Amount of Required Physical Education:

Washington mandates an average of 100 minutes of physical education per week in grades K-6. The state also mandates an average of 100 minutes per week of physical education in grades 7-8.

High School Graduation Requirements: The state requires students to earn 2.0 health and fitness education credits for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute participation in directed athletics or military science and tactics for their required physical education credit.

Exemptions/Waivers: The state permits school districts or schools to exempt students from participating in physical education due to physical disability, employment or religious belief.

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 school students. Neither does the state require a minimum weekly amount of physical activity time for middle school/junior high school and high school stu-

dents. Classroom physical activity breaks are not required, and Washington does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Washington does support Safe Routes to School programs.

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 monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education. The Essential Academic Learning Requirements have a health and fitness section which provides Health and Fitness Grade Level Expectations, describing what students should know and be able to do from grade to grade. This section was last revised in 2008.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education.

Class Size: The state does not mandate a teacher-to-student ratio.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses and does not require online courses to be taught by a certified physical education teacher.

Student Assessment Requirements: The state requires student assessment in physical education in grades 5, 8 and 10. School districts must report to the state whether they have met this requirement.

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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

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 and must be renewed every three 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. No state funding is provided for this professional development.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by providing partial funding if the teacher receives board certification and providing on-going higher level of pay for to those who are certified.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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WEST VIRGINIA

Amount of Required Physical Education: West Virginia mandates at least 90 minutes of physical education per week in grades K-6. The state also mandates at least 225 minutes of physical education in grades 7-12.

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

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 and waivers may be granted by either the West Virginia Department of Education Office of Healthy Schools or the Governor's Healthy Lifestyles Committee. The exemption is valid for a one-year period.

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 school students. Neither does the state 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, and West Virginia does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. West Virginia does support Safe Routes to School programs.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency, and the Office of Child Nutrition monitors the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The 21st Century Physical Education 5-12 Content Standards and Objectives were last revised in July 2008.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Use of a commercial curriculum is not permitted.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas

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 education in grades 1-9. Results are sent to the state as congregate data for the school. Congregate data for the school district are shared publicly and data may be used for research studies. The assessment measures performance of motor and movement skills and physical fitness levels.

Fitness Assessment: The state requires school districts/schools to assess students' physical fitness levels using the FitnessGram®.

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

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. An exam is required for certification, which must be renewed every three 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. No state funding is provided for this professional development.

National Board Certification: The state actively encourages physical education teachers to become certified through the National Board Certification process by providing or facilitating mentoring for teachers going through the process, providing full funding 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 PE coordinator.

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WISCONSIN

Amount of Required Physical Education:

Wisconsin mandates physical education in grades K-6. The state also mandates physical education in grades 7-12 and requires high schools to provide their students with physical education. These directives are enforced through the Content and Learning Requirements.

High School Graduation Requirements: In grades 9-12 at least 1.5 credits of physical education incorporating effects of exercise, health-related fitness, and lifetime activities is required. Credits must be earned over three separate years.

Substitutions: Substitutions are allowed. Students may substitute 0.5 credits of their 1.5 PE credit requirement for graduation if they participate in extracurricular sports.

Exemptions/Waivers: Exemptions and waivers are permitted. Waivers are valid for two years and school districts must submit a report on the impact of the waiver.

Physical Activity: The state requires elementary schools to provide daily recess for a minimum of 16-20 minutes, but does not require a minimum weekly amount of physical activity time for elementary school students. Neither does the state 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, and Wisconsin does not prohibit the use of withholding physical activity, including recess, as punishment for dis-

ciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Wisconsin does support Safe Routes to School programs.

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, and does not monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, though school districts do not have to comply. The Wisconsin Model was last revised in 2010.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Use of the SPARK commercial curriculum is permitted.

Class Size: The state does not mandate a teacher-to-student ratio.

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 in physical education.

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

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 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 PE classes under the direction of a certified or licensed physical education teacher. A PRAXIS exam is required for certification, with the minimum passing score determined by each certifying school of higher education. Certification 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: The state actively supports physical education teachers to become certified through

the National Board Certification process by promoting and encouraging teachers to register for the National Board Certification process, providing partial funding for the cost only if the teacher receives board certification, providing a one-time monetary bonus if the teacher receives board certification, and providing 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 PE coordinator.

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WYOMING

Amount of Required Physical Education:

Wyoming is a local control state and, as such, the state does not require curriculum, assessment, or other mandates in physical education. However, every district in the state of Wyoming does require physical education.

High School Graduation Requirements: Although physical education is not mandated by state law, graduation standards in physical education are required. The standards can be met in a variety of ways, including physical education class. The state requires districts to submit a “Body of Evidence” assessment plan to show students meet proficiency in standards.

Substitutions: School districts or schools have the authority to allow students to substitute other activities for their required physical education credit.

Exemptions/Waivers: Local school districts determine requirements and waivers.

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 school students. Neither does the state 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, and Wyoming does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit the use of physical activity as punishment for inappropriate behavior. Wyoming does not support Safe Routes to School programs.

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, and does not monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which school districts must comply. All school districts must have standards that align with the state standards; thus, districts must comply either by adopting the state standards or by aligning their own standards with the state ones. The Wyoming Content and Performance Standards in Physical Education were last revised in 2008; the upcoming revision began in 2010 and will conclude in 2012.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. All curricula are determined by the local districts.

Class Size: The state does not mandate a teacher-to-student ratio.

Online Physical Education Courses: The local districts determine whether physical education credits can be earned through online physical education courses.

Student Assessment Requirements: Each district is required to have a plan that documents the assessment process and the results. This district-wide plan includes common assessments that all students must complete.

Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The state does not require schools to collect Body Mass Index (BMI) or students’ 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, which must be renewed every five years. Elementary classroom teachers (generalists) may teach required elementary school PE classes. A PRAXIS exam is required for initial certification for generalists.

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 back of a license or permit may state that renewal credits must meet certain professional development requirements in content-specific areas such as physical education. No state funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification to teach physical education may be granted for up to one year to anyone holding a bachelor's degree in teaching or education.

National Board Certification: The state actively supports physical education teachers to become certified through the National Board Certification process by promoting and encouraging teachers to register for the National Board Certification process, providing partial funding for cost only if the teacher receives board certification, providing partial funding regardless of whether the teacher receives board certification, and provide 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 PE coordinator.

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State Standards for Physical Education

The following 50 states and the District of Columbia reported that they have developed their own state standards for physical education. The chart below indicates what areas are covered by those standards. Iowa is the only state indicated that they do not have state standards for physical education.

	<i>Does the state have its own standards for physical education?</i>	<i>What is the name of the state standards publication?</i>	<i>last revised</i>	<i>Development of motor/movement skills</i>	<i>Knowledge and application of movement concepts, principles, strategies, tactics</i>	<i>Regular participation in physical activity</i>	<i>Development/maintenance of physical activity</i>	<i>Personal and social responsibility</i>	<i>Valuing physical activity</i>	<i>Other areas</i>
Alabama	Y	Alabama Course of Study: Physical Education	2009	•	•	•	•	•	•	
Alaska	Y	Alaska Physical Education Standards	2009	•	•	•	•	•	•	
Arizona	Y	Arizona Physical Education Standards	2009	•	•	•	•	•	•	Address the use of physical activity as punishment
Arkansas	Y	Arkansas Physical Education and Health & Safety Curriculum Frameworks	2005	•	•	•	•	•	•	Benefits of lifetime sports and recreation
California	Y	Physical Education Model Content Standards for California Public Schools	2005	•	•	•	•	•	•	
Colorado	Y	Colorado Comprehensive Health and Physical Education Standards	2010	•	•	•	•	•	•	
Connecticut	Y	Healthy and Balanced Living Curriculum Framework for Comprehensive School Health Education and Comprehensive Physical Education	2006	•	•	•	•	•	•	Comprehensive School Health Education
Delaware	Y	Delaware Standards for Physical Education	2008	•	•	•	•	•	•	
District of Columbia	Y	D.C. Public Schools Health and Physical Education Standards	2007	•	•	•	•	•	•	
Florida	Y	Next Generation Sunshine State Standards for Physical Education	2008	•	•	•	•	•	•	
Georgia	Y	Georgia Performance Standards for Physical Education	2009	•	•	•	•	•	•	
Hawaii	Y	Hawaii Content and Performance Standards III for Physical Education	2007	•	•	•	•	•	•	
Idaho	Y	Idaho Content Standards for Physical Education	2010	•	•	•	•	•	•	
Illinois	Y	Illinois Learning Standards	1996	•	•	•	•	•	•	Decision-making skills
Indiana	Y	Indiana Academic Standards	2008	•	•	•	•	•	•	
Iowa	N									
Kansas	Y	Kansas Model Curriculum Standards for Physical Education	2006	•	•	•	•	•	•	
Kentucky	Y	Kentucky Core Academic Standards	2006	•	•	•	•	•	•	
Louisiana	Y	Louisiana Physical Education Grade-Level Expectations	2009	•	•	•	•	•	•	

	<i>Does the state have its own standards for physical education?</i>	<i>What is the name of the state standards publication?</i>	<i>last revised</i>	<i>Development of motor/movement skills</i>	<i>Knowledge and application of movement concepts, principles, strategies, tactics</i>	<i>Regular participation in movement</i>	<i>Development/maintenance of physical activity</i>	<i>Personal and social responsibility</i>	<i>Valuing physical activity</i>	<i>Other areas</i>
Maine	Y	The 2007 Maine Learning Results: Parameters For Essential Instruction	2007	•	•	•	•	•	•	Cooperative and Responsible Behaviors
Maryland	Y	Maryland State Curriculum for Physical Education	2009	•	•	•	•	•	•	
Massachusetts	Y	Massachusetts Comprehensive Health Curriculum Frameworks	1999	•	•		•	•		
Michigan	Y	Physical Education Content Standards and Benchmarks	2007	•	•	•	•	•	•	
Minnesota	Y	National Physical Education Standards and Minnesota Benchmarks	2004	•	•	•	•	•	•	
Mississippi	Y	Mississippi Physical Education Framework	2006	•	•	•	•	•	•	
Missouri	Y	Missouri Show-Me Standards and Physical Education Grade-Level Expectations	2007	•	•	•	•	•		Dance, injury prevention, wellness
Montana	Y	Accreditation Standards - Student Content and Performance Standards: Minnesota Health Enhancement K-12 Content and Performance Standards	2001	•	•	•	•	•	•	
Nebraska	Y	Nebraska Physical Education Essential Learnings	2006	•	•	•	•	•	•	
Nevada	Y	Physical Education Content Standards	2011	•	•	•	•	•		
New Hampshire	Y	New Hampshire K-12 Physical Education Curricular Guidelines	2005	•	•	•	•	•	•	
New Jersey	Y	New Jersey Core Curriculum Content Standards for Comprehensive Health and Physical Education	2009	•	•	•	•	•	•	
New Mexico	Y	New Mexico Physical Education Contents Standards with Benchmarks and Performance Standards	2005	•	•	•	•	•	•	
New York	Y	Learning Standards of New York State: Physical Education Learning Standards	1996	•	•	•	•	•	•	
North Carolina	Y	NC Healthful Living Standard Course of Study	2006	•	•	•	•	•	•	
North Dakota	Y	North Dakota Content and Standards for Physical Education	2008	•	•	•	•	•	•	
Ohio	Y	Ohio Physical Education Academic Standards	2009	•	•	•	•	•	•	
Oklahoma	Y	Priority Academic Student Skills: Health/Safety and Physical Education	2003	•	•	•	•	•	•	
Oregon	Y	Oregon Physical Education Standards	2006	•	•	•	•	•	•	
Pennsylvania	Y	Academic Standards for Health, Safety and Physical Education	2003	•	•	•	•	•	•	
Rhode Island	Y	The Rhode Island Physical Education Framework	2003	•	•	•	•	•	•	
South Carolina	Y	South Carolina Academic Standards for Physical Education	2008	•	•	•	•	•	•	
South Dakota	Y	South Dakota Physical Education Standards	2000	•	•	•	•	•	•	

	<i>Does the state have its own standards for physical education?</i>	<i>What is the name of the state standards publication?</i>	<i>last revised</i>	<i>Development of motor/movement skills</i>	<i>Knowledge and application of movement concepts, principles, strategies, tactics</i>	<i>Regular participation in physical activity</i>	<i>Development/maintenance of physical fitness</i>	<i>Personal and social responsibility</i>	<i>Valuing physical activity</i>	<i>Other areas</i>
Tennessee	Y	Tennessee K-12 Physical Education Curriculum Standards	2008	•	•	•	•	•	•	
Texas	Y	Texas Essential Knowledge and Skills (TEKS)	1998	•	•	•	•	•	•	
Utah	Y	Utah State Office of Education Physical Education Core Curriculum	Elementary 2008, Secondary 2007	•	•	•	•	•	•	
Vermont	Y	Grade Expectations for Vermont's Framework of Standards and Learning Opportunities - Physical Education	2004	•	•	•	•	•	•	
Virginia	Y	Physical Education Standard of Learning for Virginia Public Schools	2008	•	•	•	•	•	•	
Washington	Y	Essential Academic Learning Requirements	2008	•	•	•	•	•	•	Health standards are woven into physical education standards.
West Virginia	Y	21st Century Wellness PreK-4 Content Standards and Objectives for West Virginia Schools, 21st Century Physical Education 5-12 Content Standards and Objectives for West Virginia Schools	2008	•	•	•	•	•	•	
Wisconsin	Y	Wisconsin Model Academic Standards Physical Education	2010	•	•	•	•	•	•	Strategies to address the varied learner (adapted).
Wyoming	Y	Wyoming Content and Performance Standards in Physical Education	2008	•	•	•	•	•	•	



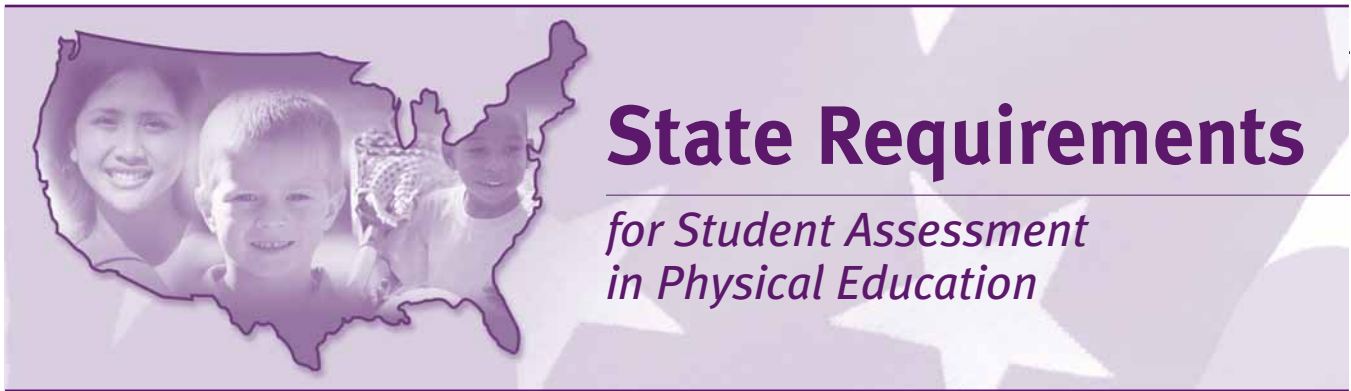
State Requirements

for Teacher Certification/Licensure in Physical Education

State	The State requires certification/licensure of physical education teachers in elementary	The State requires certification/licensure of physical education teachers in middle/junior high school	The State requires certification/licensure of physical education teachers in high school	The State allows elementary classroom teachers (generalists) to teach elementary school physical education	How often must the physical education teacher certification/licensure be renewed?	The state grants temporary/emergency certificates to teach physical education in elementary school	The state grants temporary/emergency certificates to teach physical education in middle/junior high school	The state grants temporary/emergency certificates to teach physical education in high school	State's minimum requirement for receiving a temporary/emergency certificate	Time that temporary/emergency certificate is valid
AL	•	•	•	•	More than 5 years					
AK				•						
AZ	•	•	•	•		•	•	•	Bachelor's Degree in any area	1 year
AR	•	•	•	•	5 years	•	•	•	Bachelor's Degree in any area	2 years
CA	•	•	•	•		•	•	•	No minimum educational requirement	
CO				•	5 years					
CT	•	•	•		5 years	•	•	•	Bachelor's Degree in teaching	1 year
DE	•	•	•		5 years	•	•	•	Bachelor's Degree in teaching	Less than 1 year
DC				•						
FL			•	•	5 years	•	•	•	Bachelor's Degree in any area	3 years
GA	•	•		•	5 years					
HI			•	•						
ID			•	•		•	•	•	Bachelor's Degree in any area	1 year
IL	•	•	•	•	4 years					
IN	•	•	•		5 years	•	•	•	Bachelor's Degree in any area	1 year
IA	•	•	•	•	5 years	•	•	•	Bachelor's Degree in teaching	2 years
KS	•	•	•	•		•	•	•	Bachelor's Degree in teaching	Less than 1 year
KY		•	•	•	5 years	•	•	•	Bachelor's Degree in any area	1 year
LA	•	•	•	•	5 years					
ME	•	•	•		5 years	•			Bachelor's Degree in teaching	3 years

State	The State requires certification/licensure of physical education teachers in elementary	The State requires certification/licensure of physical education teachers in middle/junior high school	The State requires certification/licensure of physical education teachers in high school	The State allows elementary classroom teachers (generalists) to teach required elementary school physical education	How often must the physical education teacher certification/licensure be renewed?	The state grants temporary/emergency certificates to teach physical education in elementary school	The state grants temporary/emergency certificates to teach physical education in middle/junior high school	The state grants temporary/emergency certificates to teach physical education in high school	State's minimum requirement for receiving a temporary/emergency certificate	Time that temporary/emergency certificate is valid
MD	•	•	•		5 years					
MA	•	•	•	•						
MI	•	•	•	•		•	•	•	Bachelor's Degree in teaching	1 year
MN	•	•	•	•	5 years	•	•	•	Bachelor's Degree with minimum of minor in PE	3 years
MS			•	•	5 years	•	•	•	Bachelor's Degree in any area	1 year
MO	•	•	•			•	•	•	Bachelor's Degree in any area	1 year
MT	•	•	•	•		•	•	•	Bachelor's Degree in teaching	1 year
NE	•	•	•							
NV		•	•	•	5 years					
NH	•	•	•	•	3 years					
NJ	•	•	•	•						
NM	•	•	•	•						
NY	•	•	•	•	Less than 3 years					
NC	•	•	•		5 years	•	•	•	Bachelor's Degree in any area	3 years
ND	•	•	•		5 years					
OH			•	•	5 years	•	•	•	Bachelor's Degree in any area	1 year
OK	•	•	•		5 years					
OR	•	•	•	•	5 years	•	•	•	Bachelor's Degree in teaching	1 year
PA	•	•	•	•	More than 5 years	•	•	•	Bachelor's Degree in any area	Less than 1 year
RI	•	•	•		Less than 3 years	•	•	•	Bachelor's Degree in any area	1 year
SC	•	•	•							
SD	•	•	•		5 years					
TN	•	•	•		More than 5 years	•	•	•	Bachelor's Degree in teaching	1 year
TX	•	•	•	•	5 years	•	•	•	Bachelor's Degree with 24 hours of specific PE coursework	1 year
UT	•	•	•	•	5 years		•	•	Bachelor's Degree in teaching	2 years

State	<i>The State requires certification/licensure of physical education teachers in elementary</i>	<i>The State requires certification/licensure of physical education teachers in middle/junior high school</i>	<i>The State requires certification/licensure of physical education teachers in high school</i>	<i>The State allows elementary classroom teachers (generalists) to teach required elementary school physical education</i>	<i>How often must the physical education teacher certification/licensure be renewed?</i>	<i>The state grants temporary/emergency certificates to teach physical education in elementary school</i>	<i>The state grants temporary/emergency certificates to teach physical education in middle/junior high school</i>	<i>The state grants temporary/emergency certificates to teach physical education in high school</i>	<i>State's minimum requirement for receiving a temporary/emergency certificate</i>	<i>Time that temporary/emergency certificate is valid</i>
VT	•	•	•		More than 5 years	•	•	•	Bachelor's Degree in any area	2 years
VA	•	•	•		More than 5 years	•	•	•	Bachelor's Degree in any area	3 years
WA	•	•	•	•	3 years	•	•	•	Bachelor's Degree in any area	Less than 1 year
WV	•	•	•	•	3 years					
WI	•	•	•	•	5 years	•	•	•	Must be working on PE certification. There must be a proven need by the school district.	1 year
WY										



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.

	Performance of motor/movement skills	Physical fitness levels	Knowledge of physical education content	Participation in physical activity outside of PE class	Personal & social responsibility in physical education	Valuing Physical Activity	Other (Please specify)
AL		•					
CA		•					
CO	•	•	•	•	•		
DC	•	•	•	•	•	•	
DE		•					
FL	•	•	•	•	•	•	
GA		•					
HI	•	•	•	•	•	•	Understanding movement concepts, principles, strategies, & tactics as they apply to the learn & performance of physical activities.
ME	•	•	•		•		
MI							District decision
MN	•	•	•	•	•	•	
MO		•					
MS		•					
NH							The physical education teacher develops & implements the assessments at the local or district level. Many schools use Physical Best as one assessment tool.
NM							Determined at the local level.
NY	•	•	•	•	•		The state requires student assessment in physical education every year in grades 1-12.
OH	•	•	•	•	•	•	
PA							Schools must maintain an assessment system to monitor student achievement toward the standards.
SC	•	•	•	•			
TX		•					
UT	•	•	•	•	•		
VA	•	•	•	•	•		
VT	•	•	•	•	•		
WA			•				
WV	•	•					
WY							Assessments determined at local level.



Appendix A

National Standards and Guidelines for K-12 PE

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. There are four essential elements of quality physical education:

1. Opportunity to Learn:

- Instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high school)
- Qualified physical education teachers providing a developmentally appropriate program
- Teacher/student ratio in physical education no greater than 1:25 (elementary) and (1:30 middle/high) for optimal instruction (similar to other classroom settings)
- Adequate equipment and facilities for all students to be active at the same time

2. Appropriate Instruction:

- Use of instructional strategies that provide meaningful inclusion of all students regardless of skill or fitness level, gender, race or ethnic group
- Maximum participation and ample practice opportunities for class activities
- Well-designed lessons that facilitate student learning
- Out of school assignments that support learning and practice of learned skills
- Appropriate discipline and class management (physical activity should never be used as punishment)
- Use of regular assessment to monitor and reinforce student learning

3. Meaningful Content:

- Instruction in a variety of motor skills that are designed to enhance the physical, mental, and social/emotional development of every child
- Fitness education and assessment to help children understand, improve and/or maintain their physical well-being
- Development of cognitive concepts about motor skill and fitness

- Opportunities to improve emerging social and cooperative skills through physical activity and gain a multicultural perspective
- Promotion of recommended amounts of physical activity now and throughout life

4. Student and Program Assessment:

- Assessment is an ongoing, vital part of the physical education program
- Formative and summative assessment of student progress
- Student assessments align with state/national physical education standards and the written physical education curriculum
- Assessment of program elements that support quality physical education
- Stakeholders periodically evaluate the total physical education program effectiveness

How do we decide what is worth teaching and learning in physical education? The National Standards for Physical Education define student learning. As national consensus statements about what a student should “know and be able to do,” they provide a basis for instruction, student assessment, and evaluation of programs at local, district, state, and national levels.

Learning is most effective when learning goals (content standards) match both assessment and instructional practices. When the information gathered through assessment is consistent with learning goals and is used appropriately to guide teaching, it can enhance learning as well as document it. This is known as instructionally aligned physical education and is the foundation for a quality physical education program.

Even the best research-based curriculum and instructional plan cannot be fully effective without a supportive environment. The elements of “opportunity to learn” are policies and practices that make it possible to provide a quality program. Such elements include certified physical education teachers, adequate time, and safe facilities and equipment.

The National Association for Sport and Physical Education (NASPE), the only national professional association for K-12 physical educators, has developed national standards and guidelines for quality physical education through a national consensus process. The resulting documents are listed below:

National Standards for Physical Education

Moving into the Future: National Standards for Physical Education, 2nd Edition (NASPE, 2004)

A physically educated person:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

Standard 3: Participates regularly in physical activity

Standard 4: Achieves and maintains a health-enhancing level of physical fitness

Standard 5: Exhibits responsible personal and social

behavior that respects self and others in physical activity settings

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

National Guidelines for Appropriate Instruction

Appropriate Instructional Practice Guidelines for Elementary School Physical Education, 3rd Edition (NASPE, 2009)

Appropriate Instructional Practice Guidelines for Middle School Physical Education, 3rd Edition (NASPE, 2009)

Appropriate Instructional Practice Guidelines for High School Physical Education, 3rd Edition (NASPE, 2009)

National Standards for Opportunity to Learn

Opportunity to Learn Guidelines for Elementary School Physical Education, 3rd Edition (NASPE, 2009)

Opportunity to Learn Guidelines for Middle School Physical Education, 3rd Edition (NASPE, 2009)

Opportunity to Learn Guidelines for High School Physical Education, 3rd Edition (NASPE, 2009)



On behalf of its membership and in keeping with its mission, NASPE supports a national public policy agenda that promotes comprehensive K-12 education by increasing the quality and quantity of physical education and sport opportunities available to all children in the United States.

Reauthorization of the Elementary and Secondary Education Act (ESEA):

NASPE believes that physical education, which teaches students how to achieve and maintain health, is an essential component of a quality education. Further, research shows that physical activity enhances academic achievement and reduces behavior problems. Regular, moderate-to-vigorous physical activities, as well as a healthy diet, are critical for any program aimed at reducing childhood obesity. NASPE supports the inclusion of physical education and health education as core subjects within ESEA.

NASPE encourages schools to provide quality physical education for students from pre-kindergarten through 12th grade, thereby encouraging lifelong healthy habits.

FIT Kids Act (S. 576/H.R. 1057)

The Fitness Integrated with Teaching Kids Act (FIT Kids Act) was reintroduced in the 112th Congress by Sen. Tom Harkin (D-IA) in the Senate and Rep. Ron Kind (D-WI) and Rep. Jim Gerlach (R-PA) in the House. The purpose of the FIT Kids Act is to amend ESEA to support quality physical education and physical activity for all public school children and ensure they receive important health and nutrition information.

The Senate bill (S. 576) and House bill (H.R. 1057) are identical. The four main provisions would:

- Provide information to parents and the public by requiring all schools to **report on** the quantity and quality of the schools' physical education programs:
 - Amount of time spent in required physical education as measured against the recommended national standards;

- Percentage of local educational agencies in the state that have a required age appropriate physical education curriculum;
 - Percentage of elementary and secondary school physical education teachers who are state licensed or certified;
 - Percentage of schools that have a School Health Council that meets monthly to promote a healthy school environment; and
 - Amount of physical space in each district that is used primarily for physical education and activity.
- Ensure that children get the **support** they need throughout their educational experience (by encouraging more physical activity within NCLB program such as Smaller Learning Communities and 21st Century Community Learning Centers).
 - Support **professional development** for health and physical education teachers and principals to promote children's healthy lifestyles and physical activity.
 - Fund a **research study** to examine the impact of health and physical activity on student achievement and find effective ways to improve healthy living and physical activity for all children.

Carol M. White Physical Education Program (PEP)

Through the U.S. Department of Education, the PEP grants provide funding to local education agencies and community-based organizations to support the initiation, expansion and improvement of physical education programs (including after-school programs). The PEP Grants may fund training and education of teachers and staff, curricula and equipment to enable students to participate in physical education activities. However, only about 10% of applicants are able to receive grants because of limited funding.

NASPE supports level funding of \$79 million for PEP in the FY 2013 Labor-HHS-Education Appropriations bill so that more school districts have the opportunity to receive grants for improving their physical education pro-

grams. NASPE further supports maintaining the integrity of PEP as a stand-alone program. At a time when state budgets are growing tighter and PE programs are being cut, now is not the time to reduce federal spending.

Successful, Safe, and Healthy Students Act (S. 919)

The Successful, Safe, and Healthy Students Act (SSHSA) was introduced in the 112th Congress by Sen. Tom Harkin (D-IA) and Sen. Kirsten Gillibrand (D-NY). The purpose of SSHSA is to amend ESEA to support critical conditions for learning in schools by authorizing \$1 billion in grants to states. SSHSA will advance student achievement by promoting student health and wellness, preventing bullying, violence and drug use, and fostering a positive school climate.

SSHSA will establish two state grant programs:

1. Successful, Safe, and Healthy Students State Grants:

States will receive funding to implement programs to support positive conditions for learning. Funds would be distributed by formula to states but if the appropriation for this program is below \$500 million, the grants would be awarded competitively.

To be eligible to apply for funding under this program states must:

- Establish a statewide physical education requirement consistent with widely recognized standards
- Require all LEAs in the state to establish policies that prohibit bullying and harassment of students.

States receiving funding under this program will be required to:

- Distribute grants competitively to LEAs or partnerships of LEAs and non-profit organizations, giving priority to those with the highest poverty and greatest needs. At a minimum, states must distribute the following percentage of subgrant funds for the following activities:
 - 20% for programs to promote physical activity, education, fitness, and nutrition

- 20% for drug and violence prevention (including bullying prevention)
- 20% for programs to promote mental health and counseling

- Use data from the conditions for learning measurement system to target funding and program design
- Annually report on conditions for learning data to the public.

2. Grants for State and Local Data Systems: SSHSA will authorize at least \$30 million for formula grants to states to develop or enhance systems that will give local leaders the information they need to improve the conditions for learning in their schools and communities. This grant will help build state capacity to develop a high-quality plan for the Successful, Safe, and Healthy Students state grants.

NASPE Advocacy Partners

In addition to the other national associations that comprise AAHPERD, NASPE joins with numerous groups to advocate for specific reforms and legislation, including:

- Action for Healthy Kids
- American Heart Association
- American College of Sports Medicine
- Campaign to End Obesity
- Coalition for Health Funding
- Student Health Advocacy Coalition
- National Alliance for Nutrition and Activity
- National Coalition for Promoting Physical Activity
- Partnership for Play Every Day
- Physical Activity Guidelines Supporter Network
- Safe Routes to School National Partnership
- Sporting Goods Manufacturers' Association
- USA Coaching Coalition



Appendix C

The Fight for PE in the States

States remain a key battleground for the fight to keep physical education in schools. That fight has become more difficult in the last two years as the recession increased pressure on schools to cut costs. The good news is that no state legislature has rolled back their commitment to physical education, in spite of the fiscal situation. The bad news is that momentum in favor of legislation that requires physical education in schools that meets the standards recommended by AHA and NASPE has slowed.

2011 and 2012 found legislators in more than a dozen states considering legislation to expand physical education in schools. Virginia legislators, for two sessions in a row, passed legislation designed to encourage schools to offer all students in elementary and middle school physical education. Unfortunately, the first bill, which mandated physical education, was vetoed by the governor. Public health and education activists fought back and were successful in passing legislation in the last legislative session which directed the Board of Education to promulgate regulations regarding PE in schools. In Florida, unfortunately, we have had to play defense against legis-

lation that would have expanded avenues schools have to obtain waivers to opt out of PE. The good news is that we were successful and Florida's current regulations remain in effect.

When it comes to physical activity and schools, the trend in legislation over the last two years has been to focus on allowing community members and groups to use school recreational facilities when school is not in session. Over the past two years, eight states have passed legislation designed to make it easier for schools to open their doors afterhours to community groups.

We continue to believe that kids in school today deserve the benefits of a quality physical education class and curriculum, and we will continue to work with legislators to build support for physical education in all schools. There can be no doubt that quality physical education is a key to building a lifetime of fitness and health. States must require schools to provide such a program if we are to deal with the myriad of chronic health problems currently facing American children.



Appendix D

Public Policy Agenda for PE Research

Research shows a strong, positive relationship between physical activity and health for children and adults. Yet, despite the proven value of physical activity, many youths, and most adults, do not participate in the recommended amount of daily physical activity. School physical education programs are often identified as a primary strategy to increase physical activity and reduce obesity among the U.S. population in government, coalition and organizational “calls to action.” There is widespread understanding that school physical education programs help individuals 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. The answer to that question requires rigorous studies that produce nationally-representative data. Such studies require significant funding, typically at a level that is available only from the federal government or major foundations.

The purpose of this public policy agenda is to outline critical research studies that are needed to validate the importance of school physical education programs and make a case for further investment in those programs. During the past five years, various members of the U.S. Congress have introduced bills related to increasing physical activity and healthy eating, and reducing and preventing chronic diseases such as obesity and diabetes. Additionally, many foundations and corporations have funded physical activity and healthy eating programs for youths. Programs are critical because they reach youths and their families in their communities and homes with opportunities to learn, practice and adopt healthy behaviors. However, programs are only as effective as their reach, and many programs are provided only to certain target populations (e.g., age group, geographic area) because of limited funding or other dissemination challenges. School physical education programs are one of the few physical activity programs for youths that reach

almost all school-age youths; thus, they have tremendous potential to affect healthy behavior (i.e., physically active lifestyles) on a massive scale. This potential could be maximized with scientific evidence of school physical education’s relationship to lifelong participation in physical activity. Data-based findings would be the needed catalyst to increase the availability of daily physical education for all students. The research agenda below identifies key research questions whose answers could convince legislators and education policymakers to more fully support and use physical education programs as a strategy for reversing the obesity epidemic.

Critical Research Studies Needed:

- Relationship between physical competence (motor skills) learned in school physical education classes and physical activity participation throughout the lifespan
- Relationship between school physical education and physical activity participation outside of physical education class during the K-12 school years
- Relationship between school physical education and school behavioral and learning outcomes
- Amount of school physical education necessary for all students to meet national and/or state standards for physical education
- Development of valid and reliable tools to collect national data on physical activity, school physical education, and sport participation in elementary- and middle school-age youths (such a tool currently exists only for high school-age youths—the CDC’s Youth Risk Behavior Survey [YRBS])
- Development of a “formula” to calculate the cost of daily physical education taught by a certified physical education teacher for all K-12 students (cost-per-state; cost-per-school district).

Resources

Published by the National Association for Sport and Physical Education

Quality Physical Education Programs

Meeting the Physical Education Needs of Children with Autism Spectrum Disorder (2012)

Smart PE Moves for Middle School Students: Ready-to-Use Lesson Plans & Assessment Tools for Standards-Based Physical Education (2012)

Flash Fitness & the Incredible Physical Activities: A Super-Hero Approach to Meeting the National Standards in Grades K-5 (2010)

PE Metrics: Assessing National Standards 1-6 in Elementary School (2010)

PE Metrics: Assessing National Standards 1-6 in Secondary School (2011)

Concepts and Principles of Physical Education: What Every Student Needs to Know (2010)

Physical Activity & Sport for the Secondary School Student, 6th Edition (2010)

Moving Into the Future: National Standards for Physical Education, 2nd Edition (2004)

National Standards & Guidelines for Physical Education Teacher Education (2009)

Quality Coaches, Quality Sports: National Standards for Athletic Coaches (2006)

Opportunity to Learn Standards

Opportunity to Learn Guidelines for Elementary School Physical Education (2009)

Opportunity to Learn Guidelines for Middle School Physical Education (2009)

Opportunity to Learn Guidelines for High School Physical Education (2009)

Appropriate Practices

Appropriate Practices in Movement Programs for Children Ages 3-5 (2009)

Appropriate Instructional Practice Guidelines for Elementary School Physical Education (2009)

Appropriate Instructional Practice Guidelines for Middle School Physical Education (2009)

Appropriate Instructional Practice Guidelines for High School Physical Education (2009)

Appropriate Instructional Practice Guidelines for Higher Education Physical Activity Programs (2009)

Assessment Series

Assessment for Everyone: Modifying NASPE Assessments to Include All Elementary School (2011)

Children Assessing and Improving Fitness in Elementary Physical Education (2008)

Assessing Concepts: Secondary Biomechanics (2004)

Assessing Student Outcomes in Sport Education (2003)

Assessment in Outdoor Adventure Physical Education (2003)

Authentic Assessment of Physical Activity for High School Students (2002)

Creating Rubrics for Physical Education (2000)



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