

TEXAS



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, but does not have a requirement for the number of minutes. High schools are required to provide students with physical education,³⁰² and students must earn physical education credit for graduation. The state survey reported that it does not have a method for enforcing the physical education requirements. The state law specifies that each school district is responsible for evaluating its overall and its individual schools' performance in community and student engagement as well as the record of the district and each of its schools in compliance to wellness and physical education requirements. Each school district is to assign the district and each school a performance rating for both overall performance and for each individual evaluation factor. The results are reported to the agency and made publicly available.³⁰³

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

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation. The required credit may be from any combination of the following 0.5-1.0 credit courses: Foundations of Personal Fitness; Adventure/Outdoor Education; Aerobic Activities; and Team or Individual Sports.³⁰⁴

Substitutions: The state permits school districts or schools to allow students to substitute certain activities for required physical education credit. All substitution activities must include at least 100 minutes/school week of moderate to vigorous physical activity. The commissioner of education must approve substitutions for state graduation credit in physical education. Activities that may be substituted include athletics, community sports, Junior Reserve Officer Training Corps (JROTC), cheerleading, marching band, drill team, dance team, career and technology work-based training courses,³⁰⁵ or vocal ensemble.

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

commissioner of the State Board of Education may also permit an exemption for a student who participates in a school-related activity or an activity sponsored by a private league or club if the student provides proof of participation.³⁰⁶ In addition, a school district may exempt any student who is unable to participate because of medical reasons, or for middle school/junior high students, who participates in a structured, extracurricular activity with a moderate or vigorous physical activity component.³⁰⁷

Physical Activity: The state does not require elementary schools to provide daily recess, but does require a minimum of 30 minutes/day or 135 minutes per week of physical activity time for elementary school students. The state also requires a minimum of 30 minutes/day for four semesters³⁰⁸ or 225 minutes/two school weeks of physical activity time for middle school/junior high school students. The state does not require a minimum weekly/daily amount of physical activity for high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency. The Texas Department of Agriculture monitors the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply.³⁰⁹ [The Texas Essential Knowledge and Skills for Physical Education](#) were last revised in 1998.

State Curriculum: N/A.

The state has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts.

State Funding for Physical Education Programs: N/A

Class Size: The state's required student-teacher ratio for physical education is 45:1. If a district establishes a ratio greater than this, it must specify how it will maintain student safety.³¹⁰

Grade Point Average: N/A

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

Student Assessment Requirements: N/A

Fitness Assessment: The state requires student physical fitness assessment in grades 3-12.³¹¹ School districts provide summary results aggregated by grade level (and any other appropriate category identified by commissioner rule) to the Texas Education Agency. The summary results may not contain the names of individual students or teachers, and individual student results are confidential.³¹²

Body Mass Index (BMI): N/A

Certification/Licensure of Physical Education Teachers:

According to state law, holders of the Physical Education: Early Childhood-Grade 12 certificate may teach physical education in grades K-12.³¹³

Professional Development of Physical Education

Teachers: N/A

Teacher Evaluation: N/A

National Board Certification: N/A

District Physical Education Coordinator: N/A

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302 Tex. Educ. Code Ann. § 28.002 (2016); Tex. Educ. Code Ann. § 38.013 (2016).
303 Tex. Educ. Code Ann. § 39.0545 (2016).
304 19 Tex. Admin. Code § 74.52 (2016); Tex. Educ. Code Ann. § 28.025 (2016).
305 19 Tex. Admin. Code § 74.52 (2016); 19 Tex. Admin. Code § 74.42 (2016).
306 19 Tex. Admin. Code § 74.52 (2016).
307 19 Tex. Admin. Code § 74.52 (2016).
308 Tex. Educ. Code Ann. § 28.002 (2016); 19 Tex. Admin. Code § 103.1003 (2016).
309 Tex. Educ. Code Ann. § 28.002 (2016); 19 Tex. Admin. Code § 74.37 (2016); 19

Tex. Admin. Code § 74.1 (2016); 19 Tex. Admin. Code § 74.3 (2016); 19 Tex. Admin. Code § 74.2 (2016); Tex. Educ. Code Ann. § 28.002 (2016).
310 Tex. Educ. Code Ann. § 25.114 (2016).
311 19 Tex. Admin. Code 7 103.1001 (2016); Tex. Educ. Code Ann. § 38.101 (2016).
312 Tex. Educ. Code Ann. § 38.103 (2016).
313 19 Tex. Admin. Code § 231.26 (2016); 19 Tex. Admin. Code § 231.231 (2016); 19 Tex. Admin. Code § 233.12 (2016); 19 Tex. Admin. Code § 231.27 (2016).