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 school students must earn physical education credit for graduation.\textsuperscript{314} The state is piloting an Education Quality Review process for enforcing the physical education requirements.

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: Students meet physical education requirements for graduation when they demonstrate evidence of proficiency in the physical education curriculum.\textsuperscript{315}

Substitutions: The state enables schools to offer students flexible pathways leading to acquisition of the proficiencies required for graduation. The state defines flexible pathways as “any combination of high-quality academic and experiential components leading to secondary school completion and postsecondary readiness, which may include assessments that allow the student to apply his or her knowledge and skills to tasks that are of interest to that student.”\textsuperscript{316} Learning via flexible pathways must occur under the supervision of an appropriately licensed educator and learning expectations must be aligned with state standards.\textsuperscript{317}

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. The length of the waiver is granted at the time of its determination. Students may apply for an exemption from required physical education. Any exemptions, substitutions, or waivers from local requirements are handled by local school boards. Upon written request of a local school board, the State Board of Education may approve an alternative method for meeting requirements provided that the alternative method is consistent with the intent of the requirement.

Physical Activity: The state does not require elementary schools to provide daily recess, but it requires that school districts or schools have a minimum of 30 minutes/day of physical activity time for elementary, middle school/junior high, and high school students. This activity may occur within or outside of the school day and may include recess and movement built into the curriculum, but it cannot replace physical education.\textsuperscript{318} 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 requires schools or school districts to provide their local school wellness policy to the state education agency, but does not require them to post it online for the public. Local school wellness policies are collected through the state nutrition programs review process conducted by the state department of education. The state does not monitor the implementation of local school wellness policies.

State Standards: The state adopted SHAPE America’s national standards for physical education in May 2015 with which all school districts are required to comply.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Other: Transferable skills as indicated in Vermont Education Quality Standards section 2120.5

State Curriculum: The state’s schools use locally developed curriculum aligned with standards approved by the State Board of Education.\textsuperscript{319} Local education agencies determine how often curriculum must be reviewed and/or revised. In the past year the state has distributed lesson plans or learning activities for physical education and sample proficiency-based graduation standards and indicators to schools and school districts. It has promoted use of
the Physical Education Curriculum Analysis Tool (PECAT) to schools
or school districts through existing state communications networks
and by embedding use of the tool in other workshops.

**State Funding for Physical Education Programs:** In partnership with the state department of health, some funds from
the Center for Disease Control and Prevention’s chronic disease
prevention and school health promotion grant are available for
physical education programs. Approximately $24,000 was available
in 2015 and 2016 as competitive grants to schools for physical
education and/or physical activity supplies.

**Class Size:** N/A

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

**Online Physical Education Courses:** N/A

**Student Assessment Requirements:** The state requires
student assessment related to the state physical education
standards in grades 1-8. Students are assessed in the areas
of National Standards 1-5 listed above. Assessment data are
used locally for student learning analysis, reporting, and program
development. A school’s Local Comprehensive Assessment system,
which includes grades K-12 physical education, assesses students in
areas not assessed through the State Assessment System.320

**Fitness Assessment:** The state does not require student physical
fitness assessment. Any data collected are not shared at any level.

**Body Mass Index (BMI):** The state does not require schools
to collect student BMI or height and weight, but it provides model
policies, policy guidance, or other materials to inform any school or
district policy on this screening.

**Certification/Licensure of Physical Education Teachers:**
The state requires physical education teachers to be state
certified/licensed and endorsed to teach physical education
at the elementary, middle school/junior high, and high school
levels.321 It also requires physical education teachers to pass a
physical education certificate/licensure exam (Praxis) before they
are endorsed to teach physical education. Elementary classroom
teachers (generalists) are not allowed to teach required elementary
school physical education classes.

**Professional Development of Physical Education Teachers:** Professional development is required in order to
maintain/renew one’s physical education teacher certification
or licensure, but this professional development does not
have to be on physical education topics. The state provides
professional development events or funding specifically for
physical education teachers.

**Teacher Evaluation:** The state does not have a teacher
evaluation system for all teachers.

**National Board Certification:** N/A

**District Physical Education Coordinator:** The state does
not require each school district to have a licensed physical
educator serving as a physical education coordinator. It does not
have designated staffing to oversee implementation, compliance,
technical assistance, or monitoring of physical education programs
in school districts and schools.

**Contact Person:** N/A

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314 State Board of Education Manual of Rules and Practices R2120.8.9, Vt. Dept. of
316 Vermont Act 77 of 2013