

## VIRGINIA



**Amount of Required Physical Education:** The state requires students to take physical education in grades K-7 and 9-10,<sup>329</sup> but does not have a requirement for the number of minutes. High school students must earn physical education credit for graduation. The state enforces the physical education requirements using a reporting process.

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

**High School Graduation Requirements:** The state requires students to earn 2.0 credits in health and physical education for graduation.<sup>330</sup>

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

**Exemptions/Waivers:** The state does not permit schools or school districts to apply for a waiver from state physical education requirements. The state does not permit students to apply for an exemption from required physical education class time or credit.

**Physical Activity:** The state requires elementary schools to provide daily recess.<sup>331</sup> It has a goal of at least 150 minutes per week of physical activity for elementary and middle school/junior high school students. The state does not require a minimum weekly 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, but it does require them to post the policy online for the public.

**State Standards:** The state has adopted standards for physical education, with which all school districts are required to comply. [The Standards of Learning](#) were last revised in 2015.

**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

**State Curriculum:** The state requires school districts and schools to use a curriculum aligned with the state physical education standards and approved by the local school board.<sup>332</sup> Curriculum must be reviewed and/or revised every 7 years. In the past year the state has distributed goals and objectives of physical education programs to schools and school districts. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts by through existing state communications networks, professional development sessions sponsored by the Centers for Disease Control and Prevention (CDC), and presentation(s) at state conferences or meetings.

**State Funding for Physical Education Programs:** General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

**Class Size:** The state's required student-teacher ratio for academic classes is applicable to physical education. Local school boards must employ five FTE positions per 1,000 K-5 students to serve as elementary resource teachers in art, music, and physical education.<sup>333</sup>

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

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

**Student Assessment Requirements:** The state does not require student assessment related to state physical education standards.

**Fitness Assessment:** The state requires student physical fitness assessment in grades 4-10 using the FITNESSGRAM®. Results are shared at the school level (e.g. to students, parents, principal) and with the state department of education.

**Body Mass Index (BMI):** N/A

#### **Certification/Licensure of Physical Education Teachers:**

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are 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 has a teacher evaluation system for all teachers.

**National Board Certification:** The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process.

**District Physical Education Coordinator:** The state has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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329 Va. Code Ann. § 22.1-207 (2015); 8 Va. Admin. Code § 20-131-100 (2015); 8 Va. Admin. Code § 20-131-80 (2015); Va. Code Ann. § 22.1-200 (2015); 8 Va. Admin. Code § 20-131-90 (2015).

330 8 Va. Admin. Code § 20-131-50 (2015).

331 8 Va. Admin. Code § 20-131-200 (2015).

332 8 Va. Admin. Code § 20-131-80 (2015); 8 Va. Admin. Code § 20-131-90 (2015).

333 Va. Code Ann. § 22.1-253.13:2 (2015).