

## Model and Sample Policies - Multi-Component Physical Education

### From [Alliance for a Healthier Generation Model Wellness Policy](#):

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year. *[NOTE: Additional optional policy language substitutions include: All [District] elementary students in each grade will receive physical education for at least 90-149 minutes per week throughout the school year. OR All [District] elementary students in each grade will receive physical education for at least 150 minutes per week throughout the school year.]*

All [District] secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.

*NOTE: For additional rigor, optional language substitutions include: All [District] secondary students (middle and high school) are required to take more than one academic year of physical education. OR All [District] secondary students (middle and high school) are required to take physical education throughout all secondary school years.*

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

*Additional policy language includes:*

- *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.*
- *All physical education teachers in [District] will be required to participate in at least once a year professional development in education.*
- *All physical education classes in [District] are taught by licensed teachers who are certified or endorsed to teach physical education.*
- *Waivers, exemptions, or substitutions for physical education classes are not granted.*

### From [Rudd Center for Food Policy and Obesity, Model District School Wellness Policy](#):

All K-12 students will receive daily physical education (150 minutes per week for elementary school students and 225 minutes per week for middle and high school students) for the entire school year. Physical Education will be standards- based, using national and state-developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including

those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.

Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.

- Physical education classes will count toward graduation and GPA;
- Teacher to student ratio will be no greater than 1:25;
- The school will provide adequate space/equipment and conform to all safety standards;
- The school prohibits the use of physical activity and withholding of physical education class and other forms of physical activity as punishment;
- All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity;
- Physical education staff will receive professional development on a yearly basis;
- The school will conduct annual Fitnessgram and dietary intake assessments and will send confidential reports directly to parents, along with additional resources.

#### **State Policy Examples:**

##### **From the [Hawaii Department of Education Wellness Guidelines](#):**

The goal of physical education (PE) is to support all students in achieving the knowledge, skills and confidence to be physically active for a lifetime. Participation in PE also helps students reach the national recommendation of 60 minutes of physical activity per day.

Regular physical activity builds healthy bones and muscles, improves muscular strength and endurance, reduces the risk for developing chronic disease, improves self-esteem, and reduces stress and anxiety. Research also shows that physical activity can help improve student academic achievement, including grades and standardized test scores.

There are 10 guidelines to support physical education and activity:

1. All required physical education classes are aligned with the Hawaii Content and Performance Standards for physical education.
2. Required physical education classes have instructional periods totaling a minimum of 45 minutes per week for grades K-3, 55 minutes per week for grades 4-5, 107 minutes for elementary grade 6, and 200 minutes per week for secondary grades 6-12.
3. The school ensures that state-certified physical education instructors teach all physical education classes and have a student/teacher ratio similar to other classes.\*
4. Each secondary school's physical education department provides continuing support to students and their families to help them participate in physical activity outside of physical education class.
5. All students have at least 20 minutes a day of supervised recess, during which students are encouraged to participate in moderate to vigorous physical activity.
6. The school provides information to families to help them incorporate physical activity into students' lives.
7. The school discourages extended periods (i.e., periods of two or more hours) of inactivity.
8. When mandatory school-wide testing makes it necessary for students to be inactive for an extended period, schools will give students periodic breaks to stand and be moderately active unless the testing protocol specifies otherwise.\*
9. The school does not use physical activity as punishment.
10. The school does not withhold opportunities for physical activity as punishment.

*\* These Guidelines are conditional and not mandatory at this time.*

[Illinois School Code 105 ILCS 5/27-6](#) that requires daily courses of physical education for students, except on block scheduled days for those public schools engaged in block scheduling.

[Michigan State Board of Education Policy on Quality Physical Education](#)