

2006

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

American Heart
Association



Learn and Live.

American Heart Association

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PREFACE

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 and AHA are committed to educating and advocating to the public and policymakers about the importance and need for quality physical education programs for all children in grades K to 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.

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.

This report will be available online for downloading at www.naspeinfo.org. Hard copies can also be ordered through NASPE Publications at 1-800-213-7193, ext. 485.

NASPE and AHA would like to thank NASPE member Roberta Stokes of Miami, Florida, for her invaluable assistance and contributions to the Shape of the Nation Report.



Background:

The Shape of Our Nation's Children

OVERWEIGHT AMONG YOUTH

- The percentage of young people who are overweight has more than tripled since 1980. Among children and teens aged 6 to 19 years, 16 percent (over 9 million young people) are overweight.¹
- About 10 percent of children aged 2 to 5 years are overweight.²
- Four in 10 Mexican-American and African-American youth age 6 to 19 are overweight or at risk of being overweight.²
- Approximately 60 percent of obese children ages 5 to 10 years have at least one cardiovascular disease risk factor, such as elevated total cholesterol, triglycerides, insulin, or blood pressure, and 25 percent have two or more risk factors.³
- Children and adolescents who are overweight by the age of 8 are 80 percent more likely to become overweight or obese adults.

PARTICIPATION IN PHYSICAL ACTIVITY BY YOUNG PEOPLE

- More than a third of young people in grades 9 to 12 do not regularly engage in vigorous physical activity.⁴
- One-third of young people in grades 9 to 12 get an insufficient amount of moderate to vigorous physical activity.⁴
- Over 11 percent of high school students get no moderate to vigorous physical activity.⁴
- Participation in physical activity declines as children get older. Sixty-nine percent of ninth graders participate in vigorous physical activity on a regular basis, while only 55 percent of 12th graders participate in the same level of activity.⁴
- Overall, among high school students, males are more physically active than females and white students are more active than black and Hispanic students.⁴

PARTICIPATION IN SCHOOL PHYSICAL EDUCATION

- Nationwide, the percentage of high school students enrolled in physical education was 56 percent in 2003 (71% of 9th graders, 61% of 10th graders, 46% of 11th graders, and 40% of 12th graders).⁴
- The percentage of students who attended a daily physical education class has dropped from 42 percent in 1991 to 28 percent in 2003.⁵
- The percentage of schools that require physical education in each grade declines from about 50 percent in grades 1 through 5 to 25 percent in grade 8, to only 5 percent in grade 12.⁶
- Eight percent of elementary schools, 6.4 percent of middle school/junior high schools, and 5.8 percent of senior high schools provide daily physical education or its equivalent (i.e., 150 minutes per week for elementary schools; 225 minutes per week for middle schools/junior high schools and senior high schools) for the entire school year for students in all grades in the school.⁶

PUBLIC SUPPORT FOR PHYSICAL EDUCATION

- Ninety-five percent of parents nationwide said that physical education should be included in the school curriculum for all students in kindergarten through grade 12.⁷
- Eighty-five percent of parents and 81 percent of teachers believe that students should be required to take physical education every day at every grade level and 92 percent of teens said that they should receive daily physical education.⁷
- More than 75 percent of parents and teachers believe that school boards should not eliminate physical education for budgetary reasons or because of the need to meet stricter academic standards.⁸

NATIONAL RECOMMENDATIONS

School-age youth should participate daily in 60 minutes or more of moderate to vigorous physical activity that is developmentally appropriate, enjoyable, and involves a variety of activities.^{9,10,11}

All elementary school students should participate in at least 150 minutes per week of physical education, and all middle and high school students should participate in at least 225 minutes of physical education, for the entire school year.^{12,13,14,15,16}

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 to 12.
3. All states develop standards for student learning in physical education that reflect 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 into 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

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Executive Summary

INTRODUCTION

For nearly 20 years the National Association for Sport and Physical Education (NASPE) has been conducting the *Shape of the Nation Report* every few years to summarize information for the profession and the public regarding the status of physical education in the American educational system. The preeminent national authority on physical education and a recognized leader in sport and physical activity, NASPE is partnering on the 2006 *Shape of the Nation Report* with the American Heart Association (AHA), a national voluntary health agency whose mission is to reduce disability and death from cardiovascular diseases and stroke. This joint project is important to both organizations because, in a time of increasing health risks and health care costs in our country, prevention is key and exemplary physical education programs must be part of the solution for inactivity, obesity, and related chronic diseases.

The challenge of the first *Shape of the Nation Report* in 1987 continues in this latest survey. That is, typically state mandates are broad and general, leaving many specifics open to interpretation.

Several facts should be considered when reviewing the results of the 2006 survey:

- There is no federal law that requires physical education to be provided to students in the American education system, nor any incentives for offering physical education programs.
- States may set some general or minimum requirements, but individual school districts provide specific direction and may exceed the minimum recommendations.
- Many states delegate responsibility for educational decisions to the local school districts.

The importance of physical education in the health of young people has been a part of the health objectives for the nation since 1990. *Healthy People 2010* includes three objectives related to school physical education:

- 22-8 Increase the proportion of the nation's public and private schools that require daily physical education for all students.
- 22-9 Increase the proportion of adolescents who participate in daily school physical education.
- 22-10 Increase the proportion of adolescents who spend at least 50 percent of school physical education class time being physically active.

PURPOSE

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

- Time requirements
- Exemptions/waivers and substitutions
- Class size
- Standards, curriculum, and instruction
- Student assessment and program accountability
- Physical education teacher certification/licensure
- National Board Certification in physical education
- State Physical Education Coordinator
- Body Mass Index (BMI) collection

This report will not only bring attention to the importance of quality, daily physical education programs for all school age children; it will also provide 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 2006, NASPE requested that physical education coordinators in all 50 state education agencies and the District of Columbia complete an online questionnaire about physical education mandates and practices in their state. Follow-up email messages and phone calls achieved complete response by all 51 entities. The data was 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 content and revisions as needed.

RESULTS

Twenty years after the U.S. Congress passed House Concurrent Resolution 97 encouraging state and local governments and local education agencies to provide high-quality daily physical education programs for all children in kindergarten through grade 12; 15 years after Goals 2000 called for inclusion of physical education as an integral component of all school programs; and five years after *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity* put forth quality daily K-12 physical education for all children as a key action, inadequate progress has been made. In fact, another federal initiative, the No Child Left Behind Act (NCLB) of 2001, is threatening the amount of time available for physical education. No Child Left Behind focuses on student achievement in defined core academic subjects. As states conduct standardized tests to hold schools and students accountable, content that is not tested, such as physical education, has become a lower priority.

Since the last *Shape of the Nation Report* in 2001 there has been a continued increase in childhood and adult overweight and obesity. Currently 16 percent (over 9 million) of children and teens age 6 to 19 years are overweight and an additional 31 percent are at risk for overweight. Yet most states are not living up to the recommendations of multiple reports and “calls to action” from the federal government and other national organizations regarding physical education including *Physical Activity and Health: A Report of the Surgeon General* (1996), Centers for Disease Control and Prevention's *Guidelines for Schools and Community Programs to Promote Lifelong Physical Activity Among Young People* (1997), *Healthy People 2010* (2000), *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity* (2001), Institute of Medicine report on *Preventing Childhood Obesity: Health in the*

Balance (2005), *The Future of Children* report, *Childhood Obesity* (2006), and position statements/publications from the American Academy of Pediatrics, Action for Healthy Kids, and National Association of State Boards of Education.

Even though a majority of states mandate physical education, most do not require a specific amount of instructional time and about half allow exemptions, waivers, and/or substitutions. These “loopholes” significantly reduce the effectiveness of the mandate.

Another general pattern with differential impact on physical education is local control of education. Some states establish standards or very broad guidelines for curriculum content and 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.

SURVEY HIGHLIGHTS

Time Requirements

The majority of states mandate that students must take physical education. Over seventy percent of states (36) mandate physical education for elementary school students, 65 percent of states (33) mandate it for middle/junior high school students, and 83 percent of states (42) mandate it for high school students. Of those who mandate physical education for elementary school students, all (100%) require physical education in grades 1, 2, 3, 4, and 5, while 94 percent require physical education in 6th grade. Of those who mandate physical education for middle/junior high school students, 91 percent require it in 7th grade, and 85 percent require it in 8th grade. Among those who mandate physical education for high school students, 76 percent do not mandate the specific grade(s) during which physical education must be taken. For the 24 percent that do mandate the specific grade(s), 100 percent require physical education in 9th grade, 90 percent require it in 10th grade, 70 percent require it in 11th grade, and 60 percent require it in 12th grade.

Sixty-nine percent (35) of all states mandate the number of high school physical education credits that are required for a student to graduate. Of those 35 states, 14 require one credit, eight require one-half credit, six require one-and-a-half credits, six require two credits, and one (New Jersey) requires 3.75 credits.

The majority of states do not mandate a certain number of minutes per week for physical education. Only 22 percent of states (11) mandate minutes per week for elementary schools, 14 percent of states (7) for middle/jun-

ior high schools, and 20 percent of states (10) for high schools. Among those 11 states that mandate minutes per week for elementary schools, only two states (Louisiana, New Jersey) meet the national recommendation of 150 or more minutes per week (commonly “daily physical education”). Six states (including the two that require 150 or more minutes) require at least 90 minutes per week (commonly three days/week), and only one state mandates less than 30 minutes per week (commonly one day/week). Among those seven states that mandate minutes per week for middle/junior high schools, only one state (Montana) meets the national recommendation of 225 or more minutes per week. Four states (including the one that requires 225 or more minutes) provide at least 135 minutes per week, and only one state mandates less than 45 minutes per week. Among those 10 states that mandate minutes per week for high schools, three states (Indiana, Montana, South Carolina) and the District of Columbia meet that national recommendation of 225 or more minutes per week. Eight states (including the four that require 225 or more minutes) provide at least 135 minutes per week, and only one state mandates less than 45 minutes per week.

Exemptions/Waivers and Substitutions

Just over one-third of states (18) grant exemptions/waivers for school districts regarding physical education time or credit requirements. More than half of states (27) permit school districts or schools to allow students to substitute other activities for their required physical education credit. Among those states, the most common allowances are for ROTC (18), interscholastic sports (17), and marching band (11).

Two states in the country—Illinois and Massachusetts—require physical education in every grade K-12. New Jersey and Rhode Island require physical education in grades 1-12. However, Illinois grants exemptions/waivers for school districts regarding physical education time or credit requirements. Additionally, Illinois, Massachusetts, and New Jersey permit school districts or schools to allow students to substitute other activities for their required physical education credit.

Standards and Assessment

Forty-seven states and the District of Columbia have their own state standards for physical education. The majority of those states address the six national standards for physical education within their state standards: 47

states address motor/movement skills and physical fitness, 46 states address knowledge and personal/social responsibility, and 45 states address regular participation in physical activity and 44 states address the value of physical activity.

Only 29 percent of states (15) require student assessment in physical education. Among the states that do require assessment, 73 percent (11) require assessment of physical fitness, 67 percent (10) require assessment of knowledge, 60 percent (9) require assessment of motor/movement skills, 20 percent (3) require assessment of participation in physical activity outside of physical education class, and 13 percent (2) require assessment of personal/social interactions in physical education.

Online Physical Education

Almost one-fourth of states (24% or 12) allow required physical education credits to be earned through online physical education courses. Those states are: Alaska, Connecticut, Florida, Indiana, Kentucky, Minnesota, New Hampshire, North Dakota, Oregon, South Carolina, Utah, and Virginia. Of those 12 states, six offer online comprehensive physical education (defined as addressing all state or national physical education standards), and five offer an online personal fitness/wellness course. Only two states offer online sport courses and online weight training courses.

Among the 12 states that offer online required physical education courses, six states allow all students to take the courses, and three states allow students who request permission and are approved. In only seven of the 12 states are all online courses taught only by state certified physical education teachers.

Accountability

Forty-three percent of states (22) require physical education grades to be included in a student’s grade point average (GPA). Sixteen states have a required comprehensive assessment test for graduation, but none include physical education achievement. The majority of states (89% or 45) have an educational report card; in 36 of those 45 states, the report card rates specific subject areas individually, but only three of those states (California, Hawaii, Kentucky) include physical education on their state report card.

Teacher Certification/Licensure

All 50 states and the District of Columbia have a process for certification/licensure of physical education teachers. The majority of states require that all who teach physical

education at the middle/junior high and high school levels are certified/licensed by the state in physical education (84% or 43 states for middle/junior high; 90 percent or 46 states for high school). However, only 57 percent of states (28) require this at the elementary school level. Most states (84% or 43 states) have a requirement for professional development/continuing education hours/credits for a physical education teacher to maintain/renew his/her certification. The most common length of certification is five years (66% or 29 states).

Thirty-five states (69%) grant temporary/emergency certificates to teach middle/junior high school and high school physical education; thirty-one states (61%) do so for elementary school physical education. Of the 29 states that have a minimum requirement for receiving a temporary/emergency certificate, 13 require a bachelors degree in teaching (but not in physical education), and nine require a bachelors degree in any area. In 21 states, the temporary/emergency certificate is valid for one year. In 15 states, a temporary/emergency certificate can be renewed.

Almost two-thirds of states (33) allow elementary, middle/junior high school, and high school physical education teachers to be hired using alternative certification. For this survey, alternative certification was defined as a process for allowing teachers to become certified in an area other than their major. For example if an elementary education teacher wants to become certified in physical education, he/she can take the state certification test, and if passed, become certified in physical education. Other professionals outside the area of education may take the certification test to become certified to teach physical education.

Fifty-nine percent of states (30) actively support physical education teachers going through the National Board Certification (NBC) process. Twenty-nine of those states actively promote NBC and encourage teachers to register, and 18 states provide mentoring for teachers going through the process. State support in regard to funding all or part of the cost of the NBC process is: two states provide full funding for the process regardless of whether the teacher receives certification, six states provide full funding if the teacher receives certification, seven states provide partial funding regardless of whether the teacher receives certification, and 11 states provide partial funding if the teacher receives certification. Fourteen states provide NBC teachers with a higher ongoing level of pay while 12 states provide a one-time monetary bonus to new NBC teachers.

Body Mass Index (BMI) Collection

Currently only three states—Arkansas, California and Illinois—require schools to measure body mass index (BMI) for each student. All three states collect the data in 5th and 9th grades. Arkansas collects data at all grade levels. California also collects the data in 7th grade, and Illinois collects it in 1st grade.

Two states require that aggregate BMI data is sent to them from each school district and school. Two states require that individual student results are sent to the students' parents, and two states report using the data in a research study.

RECOMMENDATIONS FOR ACTION

NASPE and AHA want to remind America 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 that reflect 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 physical education coordinator has an undergraduate or graduate degree in physical education	•			•	•	•	•	•	•	•		•		•	•	•	•	•				
State physical education coordinator is assigned at least 51% of time for physical education				•	•					•		•				•						



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:

The state mandates physical education in grades K-8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires students to take the one credit Lifelong Individualized Fitness Education (LIFE) course to graduate.

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers to school districts regarding physical education time or credit requirements. However, beginning in the 2006-2007 school year, the state will no longer grant schools or school districts exemptions/waivers as a result of State Board of Education actions in 2005. The state does permit school districts or schools to allow students to substitute interscholastic sports, ROTC, marching band, and dance for their required physical education credit.

Class Size: The state mandate regarding a maximum teacher-to-student ratio in K-8 is no more than 200 contacts per week, and in high school physical education classes it is no more than 1,000 contacts per week.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state requires school districts/schools to assess students' physical fitness levels using the FITNESSGRAM protocol.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, but specific subject areas are not rated individually.

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ALASKA

Amount of Required Physical Education:

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

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

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

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ARIZONA

Amount of Required Physical Education:

There is no state mandate for physical education in elementary, middle school/junior high, or high school. Competency in health/physical education in K-8 is required, but is determined at the local level.

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

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts and schools to allow students to substitute interscholastic sports, ROTC, and dance for their physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: Beginning with the class of 2006, the state does require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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ARKANSAS

Amount of Required Physical Education: The state mandates physical education in grades K-8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one-half credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding the time or credit requirement. The state does permit school districts or schools to allow students to substitute the following activities for their required physical education credit: interscholastic sports, ROTC, and dance.

Class Size: There is a state mandate regarding a maximum teacher-to-student ratio of 1 to 30 in elementary school physical education classes. There is no state mandate regarding maximum teacher-to-student ratios in middle school/junior high or high school physical education classes.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

Student Assessment Requirements: The state does require student assessment in physical education through the Physical Education Framework Student Learning Expectations.

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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CALIFORNIA

Amount of Required Physical Education:

The state mandates physical education in grades 1 to 12, but allows local districts to exempt high school students from physical education for any two years in grades 10 to 12.

High School Physical Education: The state requires two credits of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding physical education time when the school implements a block schedule. The waiver requires schools to meet six criteria that provide essential elements of physical education instruction. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state requires school districts/schools to assess students' physical fitness levels using the FITNESSGRAM protocol.

State Comprehensive Assessment Test: The state does require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually, including physical fitness test results.

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COLORADO

Amount of Required Physical Education:

There is no state mandate for physical education in elementary, middle school/junior high school or high school.

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

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education achievement is not included as one of the subject areas on the report card.

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CONNECTICUT

Amount of Required Physical Education:

There is no state mandate for physical education in elementary, middle school/junior high school or high school.

High School Physical Education: The state requires one credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state requires school districts/schools to assess students' physical fitness levels using the state-developed Connecticut Physical Fitness Assessment, Second Generation.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not one of the subject areas on the report card.

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DELAWARE

Amount of Required Physical Education:

The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

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DISTRICT OF COLUMBIA

Amount of Required Physical Education:

The District mandates physical education in grades Pre-K to 10.

High School Physical Education: The District requires one and one-half credits of high school physical education for a student to graduate. Of those, one-half credit is a required health course.

Exemptions/Waivers/ Substitutions: The District does grant exemptions/waivers for schools regarding physical education time or credit requirements. The District does not permit schools to allow students to substitute other activities for their required physical education credit.

Class Size: There is a District mandate regarding a maximum teacher-to-student ratio of 1 to 25 in elementary school physical education classes; in middle school/junior high school and high school, a ratio of 1 to 30 is mandated.

State Standards: The District has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The District does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The District does not require a comprehensive assessment test for graduation.

Educational Report Card: The District does not have an educational report card for each school.

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FLORIDA

Amount of Required Physical Education:

There is no state mandate for physical education in elementary school or in middle school/junior high school. There is a mandate for high school physical education, but it does not specify the grade or year of

participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one credit of high school physical education for a student to graduate, of which one-half credit is a required "personal fitness/wellness" course.

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding physical education time and credit requirements. The state does permit school districts and schools to allow students to substitute interscholastic sports, ROTC, and marching band for physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, but specific subject areas are not rated individually.

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GEORGIA

Amount of Required Physical Education:

The state mandates physical education in grades K to 5. There is no mandate for middle school/junior high school. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one credit of high school physical education for a student to graduate, which is met by a required one-credit “personal fitness/wellness” course.

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts and schools to allow students to substitute ROTC for physical education credit.

Class Size: The state mandate regarding a maximum teacher-to-student ratio in elementary, middle school/junior high school and high school physical education classes is 1 to 40.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

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HAWAII

Amount of Required Physical Education:

The state mandates physical education in grades K to 5. There is no mandate for physical education in middle school/junior high school. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student’s high school tenure.

High School Physical Education: The state requires one credit of high school physical education for a student to

graduate. Of those, one-half credit is a required Physical Education Lifetime Fitness course.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school in which specific subject areas are rated individually, and physical education is included as one of the subject areas on the report card.

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IDAHO

Amount of Required Physical Education:

The state mandates physical education in grades K to 8. There is no mandate for physical education in high school.

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

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state

does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state does not have an educational report card for each school.

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ILLINOIS

Amount of Required Physical Education: The state mandates physical education in grades K to 12.

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

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state permits school districts or schools to allow students to substitute interscholastic sports, ROTC, and marching band for physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

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INDIANA

Amount of Required Physical Education: There is no state mandate for physical education in elementary or middle school/junior high school. Students must have physical education as a part of a balanced curriculum, but there is no year or grade specified. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires two credits of high school physical education for a student to graduate. Personal fitness/wellness is contained within these two credits.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, but specific subject areas are not rated individually.

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Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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IOWA

Amount of Required Physical Education:

There is no state mandate for physical education in elementary school or in middle school/junior high school. The state mandates that physical education be offered in grades 9 to 11, but it does not require students to take physical education in any specific grade or year of a student's high school tenure.

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

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding the time or credit requirement. The state does permit school districts and schools to allow students to substitute interscholastic sports and ROTC, and other activities at the discretion of the district, for physical education credit.

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.

State Standards: The state has not developed its own standards for physical education.

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

KANSAS

Amount of Required Physical Education: The state mandates physical education in grades 1 to 6. There is no mandate for physical education in middle school/junior high school. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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Amount of Required Physical Education:

There is no state mandate for physical education in elementary school or middle school/junior high school. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: Students in high school must complete a one-half credit basic physical education course for graduation.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts and schools to allow students to substitute ROTC for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually, including physical education.

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Amount of Required Physical Education:

The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one and one-half credits of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding physical education time or credit requirements only for health reasons. The state does permit school districts and schools to allow students to substitute ROTC for their required physical education credit.

Class Size: The state mandate regarding a maximum teacher-to-student ratio is 1 to 40 in elementary, middle school/junior high, and high school physical education classes.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, but specific subject areas are not rated individually.

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MAINE

Amount of Required Physical Education: The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

Class Size: The state mandate regarding a maximum teacher-to-student ratio in elementary school is 1 to 25; in middle school/junior high and high school physical education classes it is 1 to 30.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state does not have an educational report card for each school.

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MARYLAND

Amount of Required Physical Education:

The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one-half credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

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MASSACHUSETTS

Amount of Required Physical Education:

The state mandates physical education in grades K to 12.

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

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts and schools to allow students to substitute interscholastic sports, community sports, ROTC, marching band, dance, or other activities for required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

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

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts or schools to allow students to substitute interscholastic sports, community sports, ROTC, marching band, dance, and other activities designated by districts for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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MINNESOTA

Amount of Required Physical Education:

The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.



MICHIGAN

Amount of Required Physical Education:

There is a state mandate that requires health and physical education be provided; however, it does not specify the grade levels for which it must be provided.

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

Exemptions/Waivers/ Substitutions: The state does not grant any exemptions/waivers for school districts regarding the time or credit requirement. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has not developed its own standards for physical education.

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

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MISSISSIPPI

Amount of Required Physical Education:

The state mandates physical education in grades K to 8. There is no mandate for physical education in high school.

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

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding

physical education time or credit requirements. The state does permit school districts and schools to allow students to substitute interscholastic sports and marching band for physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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MISSOURI

Amount of Required Physical Education:

The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

Class Size: The state mandates a maximum teacher-to-student ratio of 1 to 25 in grades K-2; 1 to 27 in grades 3-4; 1 to 30 in grades 5-6; 1 to 33 in grades 7-8; and 1 to 45 in grades 9-12.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

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MONTANA

Amount of Required Physical Education: The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

Class Size: The state mandate regarding a maximum teacher-to-student ratio is 1 to 20 in grades K-2; 1 to 28 in grades 3-4; and 1 to 30 in grades 5-12.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, but specific subject areas are not rated individually.

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NEBRASKA

Amount of Required Physical Education: The state mandates physical education in grades K to 8. There is no mandate for physical education in high school.

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

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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NEVADA

Amount of Required Physical Education: The state does not mandate physical education in elementary school. The state mandates physical education in middle school/junior high school and high school, but it does not specify the grade or year of participation in physical education during those years.

High School Physical Education: The state requires two credits of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts and schools to allow students to substitute ROTC, marching band, and cheerleading for their required physical education credit.

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

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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NEW HAMPSHIRE

Amount of Required Physical Education:

The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit local districts to allow students to substitute "extended learning," (activities provided outside of the regular school day that align with the local physical education curriculum) to meet the physical education requirements in middle and high school. This mandate reflects local control practices in New Hampshire.

Class Size: The state mandate regarding a maximum teacher-to-student ratio is 1 to 30 in elementary, middle school/junior high school, and high school physical education classes.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, but specific subject areas are not rated individually.

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NEW JERSEY

Amount of Required Physical Education: The state mandates physical education for all students in grades 1 to 12.

High School Physical Education: The state requires three and three-quarter credits of health and physical education during high school for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state permits local boards of education to develop policies that allow high school students to achieve the New Jersey Comprehensive Health and Physical Education Core Curriculum Standards through alternative activities (e.g., interscholastic athletics).

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

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NEW MEXICO

Amount of Required Physical Education: The state mandates physical education in grades K to 5, and in grades 7 and 9.

High School Physical Education: The state requires one credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts and schools to provide “alternative credit” for physical education if the local school district aligns the course with, and shows that the course meets, the New Mexico Physical Education Content Standards and its benchmarks and performance standards. Additionally, the alternative credit must be approved by the local school board.

Class Size: There is no state mandate regarding a maximum teacher-to-student ratio in elementary school. The middle school/junior high and high school physical education student ratio is no more than 160 students per day.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does require a comprehensive assessment test for graduation but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included in the report card. The state is in the process of

developing a Healthy Schools report card for schools in which physical education will be included.

Contact Person

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NEW YORK

Amount of Required Physical Education:

The state mandates physical education in grades K to 12.

High School Physical Education: The state requires two credits of high school physical education for a student to graduate. Of those, one-half credit is a required “personal fitness/wellness” course.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

Contact Person

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NORTH CAROLINA

Amount of Required Physical Education: The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student’s high school tenure.

High School Physical Education: The state requires one-half credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

Class Size: The state mandate regarding a maximum teacher-to-student ratio in elementary school, middle school/junior high school and high school in a full-size gym is two teachers to 50 students. Classes can be expanded until the standard course of study is in jeopardy of not being taught; then the class size may not be waived.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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NORTH DAKOTA

Amount of Required Physical Education:

There is no state mandate for physical education in elementary school, middle school/junior high school or high school. School districts decide their own curriculum, graduation requirements, policies, and assessments for physical education.

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

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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OHIO

Amount of Required Physical Education: The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one-half credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts and schools to allow students to substitute activities for physical education.

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.

State Standards: The state has not developed its own standards for physical education.

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

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OKLAHOMA

Amount of Required Physical Education: The state mandates physical education in grades K to 5. There is no state mandate for physical education in middle school/junior high school or high school.

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

Exemptions/Waivers/ Substitutions: The state does not allow districts to grant exemptions/waivers regarding physical education time or credit requirements. The state does permit school districts and schools to allow students to substitute interscholastic sports for their required physical education credit.

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

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

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OREGON

Amount of Required Physical Education: The state does not mandate physical education in elementary school or middle school/junior high school. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant any exemptions/waivers for school districts regarding the time or credit requirement. The state does permit local school districts to allow students to substitute activities for their required physical education credit if the activities align with the Oregon Academic Content Standards.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

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PENNSYLVANIA

Amount of Required Physical Education: The state mandates physical education in grades K to 6. There is a mandate for middle school and high school physical education, but it does not specify the grade or year of participation in physical education.

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

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow stu-

dents to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, but specific subject areas are not rated individually.

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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.

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

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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SOUTH CAROLINA

Amount of Required Physical Education: The state mandates physical education in grades 1 to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: Students in grades 9 to 12 must take one credit of high school physical education to graduate. This is met by taking a one-half credit personal fitness wellness course and a one-half credit lifetime sports course.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts and schools to allow students to substitute ROTC for their required physical education credit.

Class Size: The state mandate regarding a maximum teacher-to-student ratio in elementary school physical education classes is 1 to 35; in middle school/junior high and high school physical education classes it is 1 to 40.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is currently not included as one of the subject areas on the report card. It will be included on the educational report card beginning in 2006-2007.

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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 Physical Education: The state requires one-half credit of high school physical education or health education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, but only math and reading are rated individually. Physical education is not included as one of the subject areas on the state educational report card.

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TENNESSEE

Amount of Required Physical Education: The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires students to take a one-credit lifetime wellness course.

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts and schools to allow students to substitute ROTC for their required physical education credit.

Class Size: The state mandate regarding a maximum teacher-to-student ratio is 1 to 35 in elementary school physical education classes; it is 1 to 40 in middle school/junior high school and high school physical education classes.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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Amount of Required Physical Education:

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

High School Physical Education: The state requires one and one-half credits of high school physical education for a student to graduate. Of these, one-half credit is a required "personal fitness/wellness" course.

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state permits school districts and schools to allow students to substitute interscholastic sports, community sports activities, ROTC, marching band, dance, cheer-leading, drill team (fall only), and two to three credit work-based career and technology courses for physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, but specific subject areas are not rated individually.

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Amount of Required Physical Education:

The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one and one-half credits of high school physical education for a student to graduate. Of these, one-half credit is a required "personal fitness/wellness" course.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state permits school districts or schools to allow students to substitute interscholastic sports for one of the three credits required for graduation.

Class Size: There is no state mandate regarding a maximum teacher to student ratio for elementary school physical education. The state mandate regarding a maximum teacher-to-student ratio is 1 to 40 for middle school/junior high and high school physical education classes.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does require a comprehensive assessment test for graduation, but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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VERMONT

Amount of Required Physical Education: The state mandates physical education in elementary school and middle school/junior high school. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one and one-half credits of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts and schools to allow students to substitute interscholastic sports for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

Student Assessment Requirements: The state does require student assessment in physical education at the local education agency level.

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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VIRGINIA

Amount of Required Physical Education: The state does mandate physical education and health in grades K to 7. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires two credits of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does permit school districts and schools to allow students to substitute other activities for their required physical education credit, based on local district policy.

Class Size: There is no state mandate regarding a maximum teacher-to-student ration in elementary school physical education classes. The maximum teacher-to-student ratio in middle school/junior high and high school physical education classes is 1,000 student contacts per week.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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WASHINGTON

Amount of Required Physical Education: The state mandates physical education in grades 1 to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires two credits of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute activities for their required physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does require a comprehensive assessment test for graduation,

but physical education achievement is not included on the test.

Educational Report Card: The state has an educational report card for each school, but specific subject areas are not rated individually.

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WEST VIRGINIA

Amount of Required Physical Education:

The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one credit of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does grant exemptions/waivers for school districts regarding physical education time and credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for physical education credit.

Class Size: The state mandate regarding a maximum teacher-to-student ratio is 1 to 25 in elementary school physical education classes. There is no mandate for middle school/junior high and high school physical education classes.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: School districts/schools are required to assess students' physical fitness levels using the FIT-NESSGRAM protocol.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state has an educational report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas on the report card.

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WISCONSIN

Amount of Required Physical Education:

The state mandates physical education in grades K to 8. There is a mandate for high school physical education, but it does not specify the grade or year of participation in physical education during a student's high school tenure.

High School Physical Education: The state requires one and one-half credits of high school physical education for a student to graduate.

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers or substitution of other activities for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state does not have an educational report card for each school.

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WYOMING

Amount of Required Physical Education:

There is no state mandate for physical education in elementary, middle school/junior high school, or high school.

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

Exemptions/Waivers/ Substitutions: The state does not grant exemptions/waivers or substitution of other activities for school districts regarding physical education time or credit requirements. The state does not permit school districts or schools to allow students to substitute other activities for physical education credit.

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.

State Standards: The state has developed its own standards for physical education (see chart on page 37).

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

Fitness Testing: The state does not require the use of a particular fitness test protocol in physical education.

State Comprehensive Assessment Test: The state does not require a comprehensive assessment test for graduation.

Educational Report Card: The state does not have an educational report card for each school.

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State Standards for Physical Education

The following 47 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, Minnesota, and Ohio indicated that they have not developed their own state standards.

State	Title	Year last published/ revised	Motor/ movement skills	Knowledge and application of movement concepts, principles, strategies, tactics	Regular participation in physical activity	Development/ maintenance of physical fitness	Personal and social responsibility	Valuing physical activity
AL	<i>Course of Study: Physical Education</i>	2003	•	•	•	•	•	•
AK	<i>Skills for a Healthy Life</i>	1999					•	
AZ	<i>Comprehensive Health/Physical Education Standards</i>	1997	•	•	•	•	•	•
AR	<i>Arkansas Physical Education and Health Curriculum Frameworks</i>	2005	•	•	•	•	•	•
CA	<i>Physical Education Model Content Standards for California Public Schools</i>	2005	•	•	•	•	•	•
CO	<i>Colorado Model Content Standards</i>	1997	•			•		
CT	<i>A Guide to K-12 Program Development in Physical Education</i>	2000	•	•	•	•	•	•
DE	<i>Delaware Standards and Frameworks for Physical Education</i>	2001	•	•	•	•	•	•
DC	<i>District of Columbia Public Schools Health & Physical Education Standards</i>	1999	•	•	•	•	•	•
FL	<i>Sunshine State Standards</i>	1998	•	•	•	•	•	•
GA	<i>Quality Core Curriculum</i>	1998	•	•	•	•	•	•
HI	<i>Hawaii Content and Performance Standards III</i>	2005	•	•	•	•		•
ID	<i>Standards for Physical Education</i>	2006	•	•	•	•	•	•
IL	<i>Illinois Learning Standards</i>	1997	•	•	•	•	•	•

State	Title	Year last published/ revised	Motor/ movement skills	Knowledge and application of movement concepts, principles, strategies, tactics	Regular participation in physical activity	Development/ maintenance of physical fitness	Personal and social responsibility	Valuing physical activity
IN	<i>Indiana Academic Standards for Physical Education</i>	2002	•	•	•	•	•	•
KS	<i>Kansas Department of Education Standards for Physical Education</i>	2006	•	•	•	•	•	•
KY	<i>Program of Studies and Core Content for Assessment</i>	2005	•	•	•	•	•	•
LA	<i>Louisiana Physical Education Content Standards: Bulletin 102</i>	2002	•	•	•	•	•	•
ME	<i>Maine Learning Results</i>	1997	•	•	•	•	•	•
MD	<i>Code of Maryland Regulations for Physical Education</i>	2005	•	•	•	•	•	•
MA	<i>Massachusetts Comprehensive Health Curriculum Frameworks</i>	1999	•	•	•	•	•	•
MI	<i>Physical Education Content Standards and Benchmarks</i>	1998	•	•	•	•	•	•
MS	<i>2006 Mississippi Physical Education Framework</i>	2006	•	•	•	•	•	•
MO	<i>Show-me Standards and Curriculum Frameworks</i>	1997	•	•	•	•	•	•
MT	<i>Accreditation Standards – Student Content and Performance Standards</i>	2001	•	•	•	•	•	•
NE	<i>Nebraska Physical Education Essential Learnings</i>	Currently in Revision	•	•	•	•	•	•
NV	<i>Physical Education Standards</i>	2000	•	•	•	•	•	•
NH	<i>New Hampshire Curriculum Guidelines for Physical Education</i>	2005	•	•	•	•	•	•
NJ	<i>New Jersey Core Curriculum Content Standards in Comprehensive Health and Physical Education</i>	2004	•	•	•	•	•	•
NM	<i>New Mexico Physical Education Content Standards with Benchmarks and Performance Standards</i>	2006	•	•	•	•	•	•

State	Title	Year last published/ revised	Motor/ movement skills	Knowledge and application of movement concepts, principles, strategies, tactics	Regular participation in physical activity	Development/ maintenance of physical fitness	Personal and social responsibility	Valuing physical activity
NY	<i>Learning Standards for Health, PE, & Home Economics</i>	1996	•	•	•	•	•	•
NC	<i>North Carolina Healthful Living Standard Course of Study</i>	2005	•	•	•	•	•	•
ND	<i>North Dakota Standards and Benchmarks Content Standards Physical Education</i>	2000	•	•	•	•	•	•
OK	<i>Priority Academic Student Skills</i>	2003	•	•	•	•	•	•
OR	<i>Oregon Physical Education Academic Content Standards</i>	2001	•	•	•	•	•	•
PA	<i>Academic Standards for Health, Safety and Physical Education</i>	2003	•	•	•	•	•	•
RI	<i>Rhode Island Physical Education Framework</i>	2003	•	•	•	•	•	•
SC	<i>South Carolina Physical Education Curriculum Standards</i>	2000	•	•	•	•	•	•
SD	<i>South Dakota PE Standards</i>	2000	•	•	•	•	•	•
TN	<i>Tennessee Physical Education Curriculum Standards</i>	2000	•	•		•	•	•
TX	<i>Texas Essential Knowledge and Skills</i>	1998	•	•	•	•	•	•
UT	<i>Utah State Physical Education Core Curriculum</i>	2005-2006	•	•	•	•	•	•
VT	<i>Grade Expectations for Vermont's Framework of Standards and Learning Opportunities – Physical Education</i>	2004	•	•	•	•	•	•
VA	<i>Physical Education Standards of Learning</i>	2001	•	•	•	•	•	•
WA	<i>Essential Academic Learning Requirements for Health and Fitness</i>	2003	•	•	•	•	•	•
WV	<i>Policy 2520.6 CSO's for Physical Education</i>	2003	•	•	•	•	•	•
WI	<i>Wisconsin's Model Academic Standards for Physical Education</i>	1997	•	•	•	•	•	•

State	Title	Year last published/ revised	Motor/ movement skills	Knowledge and application of movement concepts, principles, strategies, tactics	Regular participation in physical activity	Development/ maintenance of physical fitness	Personal and social responsibility	Valuing physical activity
WY	<i>Wyoming Physical Education Content and Performance Standards</i>	2003	•	•	•	•	•	•
Total			47	46	45	47	46	44

Note: Other items addressed in some state standards include:
 Health Education—AL, KS, MO, MT, NJ, and UT
 Nutrition—CA, MO, and TX
 Stress Management—MO and TX
 Character Education—AR, LA, NV, SC, UT, VT, and WY



State Requirements

for Teacher Certification/Licensure in Physical Education

State	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 grants temporary/emergency certificates to teach elementary school physical education	State grants temporary/emergency certificates to teach middle/junior high school physical education	State grants temporary/emergency certificates to teach high school physical education	State has minimum requirement for temporary/ emergency certificates	Time that a temporary/ emergency certificate is valid	Temporary/emergency certificate can be renewed	State allows elementary school physical education teachers to be hired using alternative certification	State allows middle/junior high school physical education teachers to be hired using alternative certification	State allows high school physical education teachers to be hired using alternative certification
AL	•	•	•	•	•	•	•	Less than 1 year				
AK										•	•	•
AZ		•	•							•	•	•
AR		•	•	•	•	•	•	1 year		•	•	•
CA	•	•	•							•	•	•
CO				•	•	•	•	1 year	•	•	•	•
CT			•	•	•	•	•	Less than 1 year	•			
DE	•	•	•									
DC	•	•	•									
FL	•	•	•	•	•	•	•	3 years				
GA	•	•	•							•	•	•
HI				•	•	•				•	•	•
ID		•	•	•	•	•	•	2 years		•	•	•
IL	•	•	•	•	•	•	•	1 year	•			
IN	•	•	•	•	•	•						
IA	•	•	•	•	•	•	•	2 years	•	•	•	•
KS	•	•	•	•	•	•	•	Less than 1 year		•	•	•
KY	•	•	•	•	•	•	•	1 year		•	•	•
LA		•	•		•	•	•	1 year	•	•	•	•
ME	•	•	•	•	•	•	•	1 year	•	•	•	•

State	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 grants temporary/emergency certificates to teach elementary school physical education	State grants temporary/emergency certificates to teach middle/junior high school physical education	State grants temporary/emergency certificates to teach high school physical education	State has minimum requirement for temporary/ emergency certificates	Time that a temporary/ emergency certificate is valid	Temporary/emergency certificate can be renewed	State allows elementary school physical education teachers to be hired using alternative certification	State allows middle/junior high school physical education teachers to be hired using alternative certification	State allows high school physical education teachers to be hired using alternative certification
MD	•	•	•							•	•	•
MA	•	•	•	•	•	•	•	1 year		•	•	•
MI		•	•		•	•						
MN	•	•	•	•	•	•						
MS			•	•	•	•	•	1 year		•	•	•
MO	•	•	•	•	•	•	•	1 year	•	•	•	•
MT		•	•	•	•	•	•	1 year	•			
NE		•	•									
NV	•	•	•									
NH	•	•	•							•	•	•
NJ		•	•							•	•	•
NM		•	•	•	•	•	•	1 year		•	•	•
NY	•	•	•									
NC	•	•	•	•	•	•	•	2 years	•	•	•	•
ND			•							•	•	•
OH		•	•		•	•	•	1 year	•	•	•	•
OK		•	•	•	•	•	•	1 year	•	•	•	•
OR		•	•	•	•	•	•	1 year		•	•	•
PA	•	•	•	•	•	•	•	1 year	•			
RI	•	•	•	•	•	•	•	1 year	•			
SC	•	•	•	•	•	•	•	1 year		•	•	•
SD										•	•	•
TN	•	•	•							•	•	•
TX				•	•	•	•	1 year		•	•	•
UT		•	•	•	•	•	•	2 years		•	•	•
VT	•	•	•	•	•	•	•	1 year		•	•	•
VA	•	•	•									
WA		•	•		•	•					•	•
WV		•	•	•	•	•	•	1 year	•	•		
WI	•	•	•	•	•	•	•	1 year	•			
WY	•	•	•	•	•	•				•	•	•
Total	28	43	46	31	35	35	29		15	33	33	33



State Requirements for Student Assessment in Physical Education

The following 15 states responded that they require student assessment in physical education. The chart below indicates the areas in which student assessment is required.

	Motor/movement skills	Physical fitness levels	Knowledge of physical education content	Participation in physical activity outside of physical education class
AL		•		
AR	•	•		
CA		•		
HI	•	•	•	
KY			•	•
ME+	•	•	•	
MN*				
MT	•	•	•	•
NJ	•	•	•	
NY	•	•	•	
PA			•	
SC	•	•	•	•
TN	•	•	•	
VT+	•	•	•	
VA*				
Total	9	11	10	3

* Minnesota and Virginia responded that they require assessment but that the state does not mandate the specific areas for which assessment is required.

+ Maine reported that they also require assessment of personal and social interaction, and Vermont requires assessment of social interaction.



Appendix A

National Standards and Guidelines for K-12 Physical Education

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:

- Opportunity to learn
- Meaningful content
- Appropriate instruction
- Student and program assessment

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.

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 Practices for Elementary School Physical Education (NASPE, 2000)

Appropriate Practices for Middle School Physical Education (NASPE, 2001)

Appropriate Practices for High School Physical Education (NASPE, 2004)

National Standards for Opportunity to Learn

Opportunity to Learn Standards for Elementary School Physical Education (NASPE, 2000)

Opportunity to Learn Standards for Middle School Physical Education (NASPE, 2004)

Opportunity to Learn Standards for High School Physical Education (NASPE, 2004)



Appendix B

Federal Legislation Impacting Physical Education

Although education is primarily a state and local issue, there are several federal programs that impact the provision of quality physical education programs throughout the country—the Carol M. White Physical Education Program (PEP), the 2001 reauthorization of the Elementary and Secondary Education Act (more commonly known as “No Child Left Behind”), the Coordinated School Health Program (CSHP), and the 2004 Child Nutrition Act reauthorization.

Carol M. White Physical Education Program (PEP)

The purpose of the Carol M. White Physical Education Program is to provide grant funds to local educational agencies and community-based organizations to initiate, expand, and improve physical education programs. These grants are designed to assist students in making progress toward meeting state standards for physical education and to enable students in grades K-12 to participate in physical education activities by providing funds for the training and education of teachers and staff and for the purchase of equipment.

In 2001, Congress incorporated the Carol M. White Physical Education Program (PEP) into No Child Left Behind when it reauthorized the Elementary and Secondary Education Act. In 2001, five million dollars was distributed to 18 school districts. Fifty million dollars was disseminated in 2002 to 176 PEP grant winners and \$60 million was disseminated in 2003 to 256 recipients. In 2004, \$70 million was awarded to 237 districts and community organizations; and in 2005, \$74 million was disseminated to 104 recipients. The Fiscal Year 2006 appropriations bill provided \$72.6 million and allowed the U.S. Department of Education to conduct a grant competition in spring 2006.

Maintaining the funding level has been critical to the success of the program, but it has not come easily. In each of the 2005, 2006, and 2007 fiscal year budget proposals, the President has proposed decreases in funding levels for the program, and the 2006 and 2007 proposals have included language that suggests the program be terminated after the remaining years of previously awarded grants are fulfilled. Congress, especially the Senate, has

been reluctant to approve these proposed cuts and has instead approved slight increases or level funding for PEP in the annual appropriations bills that fund the U.S. Department of Education.

NASPE and AHA believe that more school districts and community organizations should have the opportunity to improve physical education programs; thus, we urge Congress to continue to support increased funding for PEP.

No Child Left Behind (NCLB)

For many years, schools have struggled to fit all subjects and activities into the school day. The values, needs, and resources of states and local communities have driven heated philosophical discussions and have demanded that difficult decisions be made about educational priorities. It is not a new concept that subjects such as physical education and health education have to fight for a place and adequate time in a crowded curriculum. The magnitude of this problem, though, has escalated dramatically since the passage of No Child Left Behind (NCLB), the 2001 reauthorization of the Elementary and Secondary Education Act, which focuses on student achievement in core subjects. The law defines “core academic subjects” as English, reading or language arts, mathematics, science, foreign languages, civics and government, economics, arts, history, and geography.

The omission of certain subjects, including physical education and health education, from the list of core subjects has created unintended negative consequences—diminishing time and resources for subjects not identified as core. In order to achieve the objectives of No Child Left Behind, it is critical that all children be provided with a balanced and comprehensive education to be prepared for life in the 21st century. This includes physical education and health education as fundamental components of the curriculum.

Another of NCLB’s major elements is a requirement for “highly qualified” teachers. However, the requirement applies only to teachers of the listed core subject areas. To provide a truly world-class, comprehensive education, it is critical that all teachers be highly qualified. Reports from physical educators around the country indicate that

professional development resources are mainly being utilized for teachers of core subjects, thus depriving teachers of other subject areas and their students the benefits of continuing professional education. While NASPE and AHA support the law's basic requirement for highly qualified teachers, we also support the need and importance of highly qualified teachers in physical education and health education, in addition to core subject areas. To this end, we support amending NCLB to include physical education and health education as core subjects.

Legislation has been introduced in both houses of Congress that would amend No Child Left Behind to require state plans to develop content and performance standards for physical education in the 2007 school year. By the 2009 school year, states would be required to develop plans for assessment of student achievement in physical education and these assessments would then factor into the measurement of the state's progress toward the NCLB goals.

NASPE and AHA believe that physical education and health education are important areas of a well-rounded education for each child; thus, we urge their inclusion in the core academic subjects of NCLB.

Coordinated School Health Programs

The Centers for Disease Control and Prevention (CDC), through its Division of Adolescent and School Health (DASH), provides funding to state education to partner with the state health agency to implement and coordinate school health programs across agencies and within schools. The purpose of this program is to help schools reduce chronic disease risk factors, including physical inactivity, poor nutrition and tobacco use.

The coordinated school health program (CSHP) model consists of eight interactive components: health education, physical education, health services, nutrition services, counseling and psychological services, healthy school environment, health promotion for staff, and family/community involvement.

Funding for this program has been fairly level over the past couple of fiscal years—in the \$14 to \$15 million range; however, this appropriations level only allows 23 of the 39 states that applied for the CSHP program to be funded.

NASPE and AHA believe that this program serves a vital need and urge an increase in funding so that the schools and youth in all 50 states can benefit from a coordinated approach to student health.

Local School Wellness Policies

Section 204 of the Child Nutrition Act Reauthorization of 2004 requires that each school district participating in

a reimbursable school lunch or breakfast program develop a local wellness policy. The Congressional intent of this provision was to place the responsibility of developing a wellness policy at the local level so that the individual needs of each district can be addressed. All districts will be required to have their wellness policy in place prior to the start of the 2006-2007 school year.

The law specifically requires, at a minimum, that the wellness policies include goals for physical activity, nutrition education, and other school-based activities designed to promote student wellness in a manner that the local educational agency determines appropriate. The policy must also include nutrition guidelines for all foods available on the school campus during the school day and provide an assurance that guidelines for school meals are not less restrictive than those set by USDA. The policy must also include a plan for measuring the implementation of the local wellness policy. Finally, parents, students, representatives of the school food authority, the school board, school administrators, and the public must all be involved in development of the local wellness policy.

NASPE recommends that school districts fulfill the physical activity requirement of the local wellness policy by providing daily physical education in grades K-12, daily recess during elementary grades, physical activity opportunities before and after school, use of school facilities outside of school hours, and safe routes to and from school. We further recommend that schools not use physical activity, or the withholding of physical activity, as a form of punishment.

The Centers for Disease Control and Prevention, the U.S. Department of Education, and the U.S. Department of Agriculture are jointly responsible for oversight of the new local wellness policies and for providing technical assistance to local school districts for the development, implementation, and evaluation of the policies. These three federal agencies, along with many non-governmental organizations, have created clearing-houses of information on the new policies.

NASPE has a web page (<http://www.aahperd.org/naspe/template.cfm?template=wellness.html>) dedicated to local school wellness policies, which includes examples of several state and local wellness policies and has links to many additional resources.

NASPE and AHA believe that local school wellness policies will contribute to the overall health and well-being of children and urge all districts to have their policies in place and to ensure compliance at all schools. We also urge states to provide leadership and support through state-level policies and resources.



Appendix C

The Fight for Physical Education in the States

States have become a battleground for the fight to keep physical education in schools. While not a direct attack on the importance of physical education, policies in response to the requirements of No Child Left Behind and decreases in funding have led some state legislatures and boards of education to decrease requirements for physical education in recent years. Many local school districts have also made cuts to programs and requirements. Advocates for physical education have responded to the assault and have heightened their efforts at the state level to set minimum requirements for physical education in schools.

Progress Made in Recent Years

While states continue to work toward statutory requirements that reflect the national recommendations for physical education, as of 2005, no states currently meet that standard. However, South Carolina has approved legislation that will bring it very close. Incremental progress has been made in a number of other states in recent years.

In 2004, Florida passed legislation (SB 354) directing the Department of Education to conduct a study to determine the status of physical education in schools. At the same time, advocates in Hawaii successfully defeated a proposal to cut state graduation requirements for physical education. And in Michigan, the State Board of Education passed a resolution strongly encouraging local school districts to meet the national recommendations.

The work continued in 2005 when the Alabama Department of Education enacted a policy that phased out blanket, system-wide physical education waivers during the 2005-2006 school year. It also concluded that recess and lunchtime activities could not be substituted for physical education. In Maryland, a new law (SB 233) required the state's Department of Education to employ a full-time director of physical education. Advocates in West Virginia worked to pass the Healthy Lifestyles Act of 2005 (HB 2816), which increased physical education requirements for elementary school children to 30 minutes a day, three days a week. Also, in New Mexico the legislature approved an increase in funding for elemen-

tary schools that allowed for the hiring of 33 new licensed and endorsed physical education specialists. Finally, in South Carolina wide-ranging legislation was signed into law that will establish physical education, school health services, and nutritional standards in elementary schools. This legislation will provide for increasing amounts of physical education instruction that students in kindergarten through fifth grade must receive each week on a phased-in basis. Additionally, the bill will mandate an established teacher-to-student ratio in physical education classes on a phased-in basis, require student assessment to determine the effectiveness of the physical education program in all public schools, and require and fund a physical activity director to be designated at each elementary school.

The Work Continues in 2006

With legislative sessions in full swing in 2006, over 100 bills have been introduced in state legislatures to increase the requirements for physical education. Early success has been achieved in a few states and the hard work continues in others.

The Alabama Legislature passed the Alabama Education Budget Bill (HB 272) in March 2006. This bill contains \$11.8 million to hire approximately 180 additional physical education teachers. The additional teachers will make it possible for each school district in the state to have a certified physical education teacher to oversee the physical education program.

The "Georgia Student Health and Fitness Act" (SB 474) is moving through the Senate. The legislation requires 150 minutes per week of physical education in grades K-5 and for middle schools to develop a plan for implementing 225 minutes of physical education per week for grades 6-8. SB 474 also creates an office within the Department of Education to oversee physical education curricula as they are developed by the local school districts.

Tennessee advocates are supporting the "Tennessee Student Health Act," (SB 2494) which requires 150 minutes of physical education per week in grades K-5 and 225 minutes per week in grades 6-8.

In Illinois, one of the only states that requires daily physical education in schools, advocates continue to work hard on legislation (HB 5370) that will make it harder for schools and school districts to get waivers from the time requirements. The current Illinois waiver system has made it easy for school districts to seek to reduce or eliminate physical education in schools.

If HB 2778 passes the legislature in Arizona this year, the state would create a two-year pilot program consisting of at least ten schools that would receive funding to ensure that all students in grades 1-8 participate in physical education. Students would participate in 90 minutes of physical education per week during the 2006-2007 school year and 120 minutes per week during the 2007-2008 school year.

Pennsylvania is working on HB 185, which is now moving through the Senate. It would require all school districts to write a quality physical education curriculum based on national and state standards.

Florida is following up on their progress in 2004 with the "Student Health Promotion Act," (SB 2601) which,

if passed, would encourage schools to provide 150 minutes per week of physical education for students in grades K-5 and 225 minutes per week for grades 6-8.

Advocates in Minnesota have been working on physical education policy since 2003 when the legislature eliminated the requirement for physical education, citing No Child Left Behind as the reason for no longer requiring physical education in schools. A proposal in 2006 (HB 3260) would prohibit schools from further cutting physical education programs and would reinstate physical education as a graduation requirement.

While the advances may be incremental, the work at the state level continues to bear out what the surveys all tell us—parents want physical education for their kids and their commitment to the issue will make success possible in the long-term. For more information on how you can get involved in the effort to fight for physical education at the state level, visit www.americanheart.org/yourethecure.

For a listing of state legislation impacting physical education, visit: http://member.aahperd.org/m_only/naspe/template.cfm?template=state_legislation_center.cfm



Appendix D

Public Policy Agenda for Physical Education Research

There is a great deal of research that shows the positive relationship between physical activity and health for children and adults. Yet, despite the proven value of physical activity, many youth, 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 a 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 youth. Programs are critical because they reach youth and their families in their communities and homes with opportunities to learn, practice, and adopt healthy behaviors. However, programs can only be 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 youth that reach almost all school-aged youth, and thus they have tremendous potential to affect healthy behavior (i.e., physically active lifestyle) 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 utilize 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-aged youth (such a tool currently exists only for high school-aged youth—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 for quality physical education programs:

Moving into the Future: National Standards for Physical Education, 2nd edition (2004), Stock No. 304-10275

Physical Educators' Guide to Successful Grant Writing (2005), Stock No. 304-10291

Physical Activity for Children: A Statement of Guidelines (2004), Stock No. 304-10276

On Your Mark... Get Set... Go!: A Guide for Beginning Physical Education Teachers (2004), Stock No. 304-10264

Ask-PE: Physical Education Concepts Test CD-ROM (2004), Stock No. 304-10271P & 304-10271M

Concepts and Principles of Physical Education: What Every Student Needs to Know (2003), Stock No. 304-10261

Beyond Activities: Elementary Volume (2003), Stock No. 304-10265

Beyond Activities: Secondary Volume (2003), Stock No. 304-10268

National Physical Education Standards in Action (2003), Stock No. 304-10267

National Standards for Beginning Physical Education Teachers (2003), Stock No. 304-10273

Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years (2002), Stock No. 304-10254

Appropriate Practice Documents

Appropriate Practice in Movement Programs for Young Children, (2000), Stock No. 304-10232

Appropriate Practices for Elementary School Physical Education (2000), Stock No. 304-10230

Appropriate Practices for Middle School Physical Education (2001), Stock No. 304-10248

Appropriate Practices for High School Physical Education (2004), Stock No. 304-10272

Opportunity to Learn Documents

Opportunity to Learn Standards for Elementary Physical Education (2000), Stock No. 304-10242

Opportunity to Learn Standards for Middle School Physical Education (2004), Stock No. 304-10290

Opportunity to Learn Standards for High School Physical Education (2004), Stock No. 304-10289

Assessment Series

Assessing Concepts: Secondary Biomechanics (2003), Stock No. 304-10220

Assessment in Outdoor Adventure Physical Education (2003), Stock No. 304-10218

Assessing Student Outcomes in Sport Education (2003), Stock No. 304-10219

Video Tools for Teaching Motor Skill Assessment (2002), Stock No. 304-10217

Assessing Heart Rate in Physical Education (2002), Stock No. 304-10214

Authentic Assessment of Physical Activity for High School Students (2002), Stock No. 304-10216

Portfolio Assessment for K-12 Physical Education (2000), Stock No. 304-10213

Elementary Heart Health: Lessons and Assessment (2001), Stock No. 304-10215

Standards-Based Assessment of Student Learning: A Comprehensive Approach (1999), Stock No. 304-10206

Assessment in Games Teaching (1999), Stock No. 304-10212

Assessing Motor Skills in Elementary Physical Education (1999), Stock No. 304-10207

Assessing and Improving Fitness in Elementary Physical Education (1999), Stock No. 304-10208

Creating Rubrics for Physical Education (1999), Stock No. 304-10209

Assessing Student Responsibility and Teamwork (1999), Stock No. 304-10210

Preservice Professional Portfolio System (1999), Stock No. 304-10211



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