



Office of the



State Superintendent of Education

Physical Education and Health Education Requirements

Kindergarten through Grade 5:

- From school years 2010-2011 to 2013-2014, an average of at least 30 minutes per week of physical education and an average of at least 15 minutes per week of health education OR the same level of physical education and health education that was provided in school year 2009-2010, whichever is greater.
- Beginning in school year 2014-2015, an average of at least 150 minutes per week of physical education and an average of at least 75 minutes per week of health education.
- At least 50% of physical education class time should be devoted to actual physical activity, with as much time as possible spent in moderate-to-vigorous physical activity.
- Students with disabilities or special needs shall have suitably adapted physical education.
- All physical education and health education shall meet the curricular standards adopted by the State Board of Education.

Grades 6 through 8:

- From school years 2010-2011 to 2013-2014, an average of at least 45 minutes per week of physical education and an average of at least 15 minutes per week of health education OR the same level of physical education and health education that was provided in school year 2009-2010, whichever is greater.
- Beginning in school year 2014-2015, an average of at least 225 minutes per week of physical education and an average of at least 75 minutes per week of health education.
- At least 50% of physical education class time should be devoted to actual physical activity, with as much time as possible spent in moderate-to-vigorous physical activity.
- Students with disabilities or special needs shall have suitably adapted physical education.
- All physical education and health education shall meet the curricular standards adopted by the State Board of Education.

High School (Grade 9 through 12):

- Students must complete 1.0 Carnegie Units of physical education and 0.5 Carnegie Units of health education to be eligible for graduation.
- At least 50% of physical education class time should be devoted to actual physical activity, with as much time as possible spent in moderate-to-vigorous physical activity.
- Students with disabilities or special needs shall have suitably adapted physical education.
- All physical education and health education shall meet the curricular standards adopted by the State Board of Education.