

A Closer Look at the Healthy Schools Act

Physical Activity & Physical Education Requirements

Physical Activity

- Students should engage in 60 minutes of physical activity each day.
- Physical activity should not be required or withheld as punishment.

Physical Education

- K-5 students should receive 150 minutes of physical education per week.
- 6-8 students should receive 225 minutes of physical education per week.
- At least 50% of physical education class should be devoted to actual physical activity, with as much time spent in moderate-to-vigorous activity.
- Physical education should be suitably adapted for students with disabilities.



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