



HSA Requirements – Health and Physical Education, and Physical Activity

Funding for Increased Physical Activity in Schools

Under section 102 of the HSA, the Healthy Schools Act Fund shall be used to make grants available through a competitive process to DCPS and PCS that seek to increase the amount of PA in which their students engage.

Promoting Physical Activity

Under section 401 of the HSA, DCPS and PCS shall promote the goal of the District of Columbia for children to engage in PA for 60 minutes per day.

Physical Education

Under section 402 of the HSA, all DCPS and PCS must provide PE for students in Grades Kindergarten through 8. During the 2012-2013 school year, students in Grades Kindergarten through 5 were to be provided with an average of at least 30 minutes of PE per week, or the same level as was provided in the 2009-2010 school year, whichever was greater. During the 2012-2013 school year, students in Grades 6 through 8 were to be provided with an average of at least 45 minutes of PE per week, or the same level as was provided in the 2009-2010 school year, whichever was greater. Furthermore, 50% of PE class time is to be devoted to actual PA. In the 2014-2015 school year, the PE requirement will increase to an average of at least 150 minutes per week for students in Grades Kindergarten through 5 and an average of at least 225 minutes per week for students in Grades 6 through 8.

Health Education

Under section 402 of the HSA, all DCPS and PCS must provide HE for students in Grades Kindergarten through 8. During the 2012-2013 school year, students in Grades Kindergarten through 8 were to be provided with an average of at least 15 minutes per week of HE, or the same level as was provided in the 2009-2010 school year, whichever was greater. In the 2014-2015 school year, the HE requirement will increase to 75 minutes per week.

Adherence to Curricular Standards

Under section 402 of the HSA, the PE and HE required shall meet the curricular standards adopted by the State Board of Education. These standards, approved by the State Board of Education in December 2007, indicate the concepts and skills that students should know and be able to do at the end of each grade from Grade pre-Kindergarten through 8 and by time they graduate from high school.





Mandatory Reporting

Under section 405 of the HSA, on or before September 30th of each year OSSE shall report to the Mayor, the Council, and the Healthy Youth and Schools Commission regarding:

- 1) Compliance of public schools and public charter schools with the physical and health education requirements of this title; and
- 2) Student achievement with respect to health and physical education standards

