

# Summary of Current Federal, State, and Local Regulations and Policies Relevant to Physical Education and Other Physical Activity Programs

Updated 9/30/2014

<b>Physical Education and Other Physical Activity Programs</b>	<b>Regulations and Policies</b>		<b>Note: If policies differ, the most stringent policy will apply.</b>
Physical education is a school-based instructional opportunity for students to gain the necessary skills and knowledge for lifelong participation in physical activity. A planned, sequential K-12 curriculum provides cognitive content and learning experiences in a variety of activity areas. Quality physical education programs assist students in achieving the national standards for K-12 physical education. The outcome is a physically educated person who has the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Qualified, trained teachers teach physical education.	<b>Federal</b>	<b>Website/References</b>	
	1. Implement a District Wellness Policy including goals for physical activity. Measure and publicly report implementation progress.	<a href="#">Healthy, Hunger-Free Kids Act 2010</a>	
	<b>State</b>	<b>Website/References</b>	
	<p><b>1. Practical Living Program Review:</b> In 2009, Kentucky's General Assembly passed Senate Bill 1. Passage of this bill established the implementation of a program review to be included as part of a new assessment and accountability model.</p> <p>Practical Living Program Review - Standard 1 Demonstrator 2 Physical Education (Proficiency /Meets Expectations):</p> <ul style="list-style-type: none"> <li>• A comprehensive physical education curriculum is sequential and aligned to the Kentucky Core Academic Standards for practical living.</li> <li>• Physical education curriculum regularly provides opportunities for all students to become physically literate individuals who have the psychomotor, cognitive, and affective skills to adopt a physically active lifestyle as defined by the National Association for Sport and Physical Education (NASPE) National Physical Education Standards</li> <li>• The physical education curriculum frequently provides differentiated learning strategies and activities that ensure all students develop competency and confidence in motor skills that fosters the necessary knowledge for life-long physical activity.</li> <li>• ... a Comprehensive School Physical Activity Program (CSPAP) to increase the quality of the physical education instruction as well as increase physical activity opportunities throughout the school environment.</li> <li>• School ensures the physical education curriculum is integrated and includes regular opportunities for cross-disciplinary connections to meet the physical activity needs of all students.</li> </ul>	<a href="#">Kentucky Senate Bill 1 (2009)</a>	
2. <b>Kentucky Core Academic Standards (KCAS):</b> Elementary and secondary physical education programs or courses shall follow the descriptions and requirements recorded in the physical education section of the Kentucky Core Academic Standards (KCAS), Grades K-12, as adopted in 704 KAR 3:304, and in the minimum unit requirements for high school graduation set forth in 704 KAR 3:305.descriptions and requirements recorded in the health education section of the Kentucky Core Academic Standards (KCAS).	<a href="#">704 KAR 3:304. Kentucky Core Academic Standards</a>		

	<b>3. Minimum Requirements for High School Graduation</b> <ul style="list-style-type: none"> <li>Physical education: One-half (1/2) credit to include the content contained in the Kentucky Core Academic Standard (KCAS) for physical education.</li> </ul>	<a href="#">704 KAR 3:305</a>
	<b>4. Student Physical Activity</b> <ul style="list-style-type: none"> <li>Each school council of a school containing grades K-5 ... shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty (30) minutes each day, or one hundred and fifty (150) minutes per week. Each school council shall adopt an assessment tool to determine each child's level of physical activity on an annual basis ... shall report ... each year on how the schools are providing physical activity under this subsection and on the types of physical activity being provided.</li> </ul>	<a href="#">KRS 160.345(11)</a> <a href="#">KRS 158.856(5)</a>
	<b>5. Federal Special Education Law and Title IX</b> <ul style="list-style-type: none"> <li>All physical education courses taught in the state of Kentucky must be in compliance with the Federal Special Education Law and Title IX and shall not include practice for or participation in interscholastic athletics.</li> </ul>	
	<b>Local</b>	<b>Website/References</b>
	1. Instructional Goals	JCPS BOE Policy IA
	2. Basic Instructional Program	JCPS BOE Policy IGA
	3. Curriculum Design	JCPS BOE Policy IG
	4. Student Wellness <ul style="list-style-type: none"> <li>JCPS District and K-5 local school's Student Wellness Policy addresses several goals, including: opportunities for physical activity on a regular basis.</li> <li>School is implementing the district-level wellness policy via a school-level wellness policy that is reviewed annually; and goals for school wellness are included in the CSIP.</li> </ul>	JCPS BOE Policy JI
	5. Physical Education: All elementary and secondary school students shall receive organized physical education instruction as recorded in the Kentucky's Core Academic Standards and in the minimum unit requirements for high school graduation set forth in 704 KAR 003:305.	JCPS BOE Policy 08.1346

**JCPS is committed to providing a school environment that enhances learning and assists students in developing lifelong wellness practices. Best practices regarding wellness are always encouraged. For more information regarding Physical Education, contact JCPS Curriculum Management at 485-3053.**

This institution is an equal opportunity provider.

