HEALTH / PHYSICAL EDUCATION

The Alexandria City School Board believes that health education, physical education, and opportunities for physical movement are essential to student physical and mental health. Opportunities are provided inclusively and equitably to all students. When possible, the Board encourages the Superintendent to exceed state minimum requirements.

Students receive health instruction and physical training as prescribed by the State Board of Education and approved by the State Board of Health.

Such health instruction
- Incorporates standards that recognize the multiple dimensions of health by including mental health and the relationship of physical and mental health so as to enhance student understanding, attitudes, and behavior that promote health, well-being and human dignity; and
- May include an age-appropriate program of instruction on the safe use of and risks of abuse of prescription drugs that is consistent with curriculum guidelines developed by the Board of Education and approved by the Board of Health.

Alexandria City Public Schools (ACPS) provides a program of physical activity available to all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week on average during the regular school year and available to all students in grades six through twelve with a goal of at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, elective courses based on physical activity, extracurricular athletics, recess, movement breaks during class, or other programs and activities. Any physical education class offered to students in grades seven and eight includes at least one hour of personal safety training per school year in each such grade level that is developed and delivered in partnership with the local law-enforcement agency and consists of situational safety awareness training and social media education.

In addition:
- Elementary school students have the goal of
  - 60-90 minutes per week of physical education instruction; and
  - 30 minutes per day of recess; and
  - 15 minutes per day of active classroom learning where movement enhances academic learning in the classroom.

- Middle school students have the goal of 150 minutes of movement opportunities each week. Schools develop plans which consider weather and other activities to create these opportunities. Options include but are not limited to:
  - Taking elective courses that are substantially based on physical activities.
  - Movement breaks during classes
  - School-wide movement breaks
  - After-school intramurals and movement-based clubs

46 • High school students have the goal of 150 minutes of movement opportunities each week.
47   Options include but are not limited to:
48   ○ Taking elective courses that are substantially based on physical activities.
49   ○ Movement during flexible times
50   ○ Participation in sports, JROTC, or after-school clubs (that are movement-based)
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52 Adopted: January 9, 1997
53 Amended: July 1, 2005
54 Amended: January 22, 2015
55 Amended: April 25, 2019
56 Amended: September 10, 2020
57 Amended: September 9, 2021
58 Amended: December 15, 2022
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60 Legal Refs.:   Code of Virginia, 1950, as amended, §§ 22.1-207, 22.1-253.13:1.
61
62   8 VAC 20-320-10.
63
64   *Guidance for Schools,* Centers for Disease Control and Prevention (CDC),
65   (Updated May 2020), https://www.cdc.gov/coronavirus/2019-
66   ncov/community/schools-childcare/schools.html.
67
68   *Phase Guidance for Virginia Schools,* Virginia Department of Health (VDH),
69   (July 1, 2020),
70   https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-
71   virginia/pdf/Final-Phase-Guidance-for-Virginia-Schools-6.9.20.pdf.
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73 Cross Refs.:   IC/ID   School Year/School Day
74   IGAG   Teaching About Drugs, Alcohol, and Tobacco
75   JHCA   Physical Examinations of Students
76   JHCF   Student Wellness
77   JHCF-R   Wellness Guidelines for the Alexandria City Public Schools
78   JO   Student Records