

HEALTH / PHYSICAL EDUCATION

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46

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

- 47 ○ After-school intramurals and movement-based clubs
- 48
- 49 ● High school students have the goal of 150 minutes of movement opportunities each week.
- 50 Options include but are not limited to:
- 51 ○ Taking elective courses that are substantially based on physical activities.
- 52 ○ Movement during flexible times
- 53 ○ Participation in sports, JROTC, or after-school clubs (that are movement-based)
- 54

55 Adopted: January 9, 1997
 56 Amended: July 1, 2005
 57 Amended: January 22, 2015
 58 Amended: April 25, 2019
 59 Amended: September 10, 2020
 60 Amended: September 9, 2021

61
 62 Legal Refs.: Code of Virginia, 1950, as amended, §§ 22.1-207, 22.1-253.13:1.
 63
 64 8 VAC 20-320-10.

65
 66 *Guidance for Schools*, Centers for Disease Control and Prevention (CDC),
 67 (Updated May 2020), <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>.

68
 69
 70 *Phase Guidance for Virginia Schools*, Virginia Department of Health (VDH),
 71 (July 1, 2020),
 72 <https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Final-Phase-Guidance-for-Virginia-Schools-6.9.20.pdf>.

73
 74

75 Cross Refs.:	IC/ID	School Year/School Day
	IGAG	Teaching About Drugs, Alcohol, and Tobacco
	JHCA	Physical Examinations of Students
	JHCF	Student Wellness
	JHCF-R	Wellness Guidelines for the Alexandria City Public Schools
79	JO	Student Records

80

HEALTH / PHYSICAL EDUCATION

Health and Physical Education Program

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.

Commented [1]: Code Change <https://is.virginia.gov/cgi-bin/legp604.exe?221+sum+HB1215>

Commented [MS2]: Board Belief Statement

The school division shall organize and maintain and each school shall implement a health instruction and physical training education program in accordance as prescribed by the with State Board of Education regulations and approved by the State Board of Health. ~~guidelines. In sixth through tenth grade, such health instruction:~~

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 ~~program has a goal of making 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 grade K-10 students for at least 220-150-100~~ minutes per week on average during the regular school year ~~and available to all students in grades six through twelve+2 with a goal of at least 150 minutes per week on average during the regular school year. (Physical education is not required for 11th and 12th grade students.) This~~. 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. For example:~~

Commented [MS3]: 100 minutes per week for ES per the code

Commented [MS4]: 150 mins per week for secondary per the code

Commented [MS5]: Per the code change

- ~~Elementary school students will receive 60-90 minutes per week of physical education instruction, in addition to daily recess and active classroom learning.~~
- ~~Middle school students will receive a minimum of 210-150 minutes per week of health/physical education instruction.~~

~~Students enrolled in high school health/physical education classes will receive an average of 180 minutes of instruction per week. In addition:~~

- Elementary school students have the goal of

- 47 ○ 60-90 minutes per week of physical education instruction; and
- 48 ○ 30 minutes per day of recess; and
- 49 ○ 15 minutes per day of active classroom learning where movement enhances
- 50 academic learning in the classroom.
- 51
- 52 ● Middle school students have the goal of 150 minutes of movement opportunities each
- 53 week. Schools develop plans which consider weather and other activities to create these
- 54 opportunities. Options include but are not limited to:
- 55 ○ Taking elective courses that are substantially based on physical activities.
- 56 ○ Movement breaks during classes
- 57 ○ School-wide movement breaks
- 58 ○ After-school intramurals and movement-based clubs
- 59
- 60 ● High school ~~Secondary~~ students have the goal of 150 minutes of movement opportunities
- 61 each week. Options include but are not limited to:
- 62 ○ Taking elective courses that are substantially based on physical activities.
- 63 ○ Movement during flexible times
- 64 ○ Participation in sports, JROTC, or after-school clubs (that are movement-based)
- 65 ● ~~Any physical education class offered to students in grades seven and eight includes at~~
- 66 ~~least one hour of personal safety training per school year in each such grade level that~~
- 67 ~~is developed and delivered in partnership with the local law enforcement agency and~~
- 68 ~~consists of situational safety awareness training and social media education.~~

Commented [MS6]: Added details to show how each student has the opportunity for the specified number of minutes of movement.

69
 70 Adopted: January 9, 1997
 71 Amended: July 1, 2005
 72 Amended: January 22, 2015
 73 Amended: April 25, 2019
 74 Amended: September 10, 2020
 75 Amended: September 9, 2021

76
 77 Legal Refs.: Code of Virginia, 1950, as amended, §§ 22.1-207, 22.1-253.13:1.
 78
 79 8 VAC 20-320-10.

80
 81 *Guidance for Schools*, Centers for Disease Control and Prevention (CDC),
 82 (Updated May 2020), [https://www.cdc.gov/coronavirus/2019-](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html)
 83 [ncov/community/schools-childcare/schools.html](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html).

84
 85 *Phase Guidance for Virginia Schools*, Virginia Department of Health (VDH),
 86 (July 1, 2020),
 87 [https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-](https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Final-Phase-Guidance-for-Virginia-Schools-6.9.20.pdf)
 88 [virginia/pdf/Final-Phase-Guidance-for-Virginia-Schools-6.9.20.pdf](https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Final-Phase-Guidance-for-Virginia-Schools-6.9.20.pdf).

89
 90 Cross Refs.: IC/ID School Year/School Day
 91 IGAG Teaching About Drugs, Alcohol, and Tobacco
 92 JHCA Physical Examinations of Students

File: IGAE/IGAF

93	JHCF	Student Wellness
94	JHCF-R	Wellness Guidelines for the Alexandria City Public Schools
95	JO	Student Records