

## HEALTH/PHYSICAL EDUCATION

The school division shall organize and maintain and each school shall implement a physical and health education program in accordance with State Board of Education regulations and State Board of Health guidelines. In sixth through tenth grade, 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.

~~The Alexandria City Public Schools has a goal of making a program of physical activity available to all grade K-10 students for at least 220 minutes per week on average during the regular school year. (Physical education is not required for 11th and 12th grade students.) School division's goal is that a program of physical fitness will be available to all students for at least 150 minutes per week on average during the regular school year. Such program~~ This may include any combination of physical education classes, extracurricular activitiesathletics, recess, and-or other programs and activities. For example:

- 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 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:

- All students, including those with special needs, are to be given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary students, and the integration of movement activities and "active learning" into the academic curriculum for elementary, middle, and high school students.
- Elementary recess periods will be given prior to lunch time whenever possible. Elementary recess (Pre-K through grade 5) must be at least 30 minutes per day, and may be divided into two periods. Another 15 minutes each day should include "active learning" time where movement enhances academic learning in the classroom.

Adopted: January 9, 1997  
Amended: July 1, 2005  
Amended: January 22, 2015  
Amended:

Legal Ref.: Code of Virginia, 1950, as amended, §§ 22.1-207, ~~22.1-212.1:1~~, 22.1-253.13:1.  
8VAC\_20-320-10.

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  
JO Student Records

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