Physical Education/Comprehensive Health Education Rules and Regulations

The Mississippi Department of Education understands the relationship between student health and academic achievement. Research supports the relationship between quality physical education programs and the development of social skills, academic performance, increased attendance, and a reduction in discipline referrals. In accordance with Mississippi Code of 1972 Annotated Section 37-13-134 (Mississippi Healthy Students Act) and the Mississippi Public School Accountability Standards, the State Board of Education has adopted the following rules and regulations to support the implementation of quality activity based and health education programs.

DEFINITIONS

Physical Education **is a sequentially planned, developmentally appropriate K-12 curriculum and instruction based on the Mississippi Physical Education Framework that promotes lifelong physical activity. It helps students develop the knowledge, motor skills, self-management skills, social skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives.**

Quality physical education programs provide opportunities for:

- students to learn the skills necessary to perform a variety of physical activities
- students to know the implications and benefits of participating regularly in physical activity
- all students to be physically active

Physical Activity **is any movement of the body that expends energy, such as exercise, sports, dance, swimming, lifting weights or other body movements that result in an increased heart rate. Physical activity also includes daily activities like walking programs, recess, etc.**

Physical activity characterizes all types of human movement that leads to an expenditure of energy; associated with living, work, play, and exercise.

Activity Based Instruction **allows students to practice movements learned in a variety of settings that lead to an expenditure of energy and/or support other subject areas.**

This instruction could be integrated into the regular classroom setting (See Appendix: Approved Curriculum)

Comprehensive Health Education **is a sequentially planned, developmentally appropriate curriculum and instruction based on the Mississippi Comprehensive Health Framework that promotes a healthy lifestyle. It guides students in developing the basic knowledge, decision making skills and ability to obtain valid health information.**

IMPLEMENTATION

I. Grades K-8

A. Successful implementation of Physical Education and Comprehensive Health Education must include the following:

- 150 minutes per week of instruction through a combination of physical education, physical activity, and activity based instruction
- 45 minutes per week of health education
- Fitness testing in grade 5 (See Appendix)

B. Standard 33 of the Mississippi Public School Accountability Standards requires physical education to be a part of the basic curriculum in any configuration of grades K-8. The total number of minutes in physical education must not be below 50 minutes per week.

C. In grades 7-8 extracurricular activities, such as basketball, baseball, marching band, show choir, cheerleading, archery, softball, and football that is sanctioned by the Mississippi High School Activities Association and ROTC can be substituted for physical education if:

- attendance is kept; and
- instruction is based on at least one competency from the Mississippi Physical Education Framework; and
- Staff licensed by Mississippi Department of Education supervises practices and games.

This instruction would be coded in MSIS as a physical education course (See Appendix: Course Codes).

D. Suggested sample school schedules for elementary and middle schools to assist in complying with the mandated activity based instruction and health education for K-8 are as follows:

Sample Elementary School Schedule

Example 1

Monday - 25 minutes of physical education
10 minutes of recess
10 minutes of activity based instruction integrated by regular classroom teacher
9 minutes of instruction in health education

Tuesday - 10 minutes of recess
10 minutes of activity based instruction integrated by regular classroom teacher
9 minutes of instruction in health education

Wednesday- 25 minutes of Physical Education
10 minutes of recess
10 minutes of activity based instruction integrated by regular classroom teacher
9 minutes of instruction in health education

Thursday - 10 minutes of recess
10 minutes of activity based instruction integrated by regular classroom teacher
9 minutes of instruction in health education

Friday- 10 minutes of recess
10 minutes of activity based instruction integrated by regular classroom teacher
9 minutes of instruction in health education

Example 2

Monday- 30 minutes of physical education
12 minutes of instruction in health education

Tuesday – 30 minutes of physical education
12 minutes of instruction in health education

Wednesday – 30 minutes of physical education
12 minutes of instruction in health education

Thursday- 30 minutes of physical education
12 minutes of instruction in health education

Friday – 30 minutes of physical education

Example 3

Monday- 20 minutes of recess or other activity based program

Tuesday- 20 minutes of recess or other activity based program
50 minutes of physical education

Wednesday - 20 minutes of recess or other activity based program

Thursday - 20 minutes of recess or other activity based program
45 minutes of health education

Friday- 20 minutes of recess or other activity based program

Example 4

Monday - 10 minutes of activity based instruction integrated by regular classroom teacher
20 minutes of recess or other activity based program
15 minutes of instruction in health education

Tuesday- 5 minutes of activity based instruction integrated by regular classroom teacher
25 minutes of physical education

Wednesday- 10 minutes of activity based instruction integrated by regular classroom teacher
20 minutes of recess or other activity based program
15 minutes of instruction in health education

Thursday- 5 minutes of activity based instruction integrated by regular classroom teacher
25 minutes of physical education

Friday- 10 minutes of activity based instruction integrated by regular classroom teacher
20 minutes of recess or other activity based program
15 minutes of instruction in health education

Sample Middle School Schedule

Example 1

Monday - 25 minutes of physical education
15 minutes of instruction in health education
10 minutes activity based program
5 minutes of activity based instruction provided by regular classroom teacher

Tuesday - 10 minutes other activity based program
5 minutes of activity based instruction provided by regular classroom teacher

Wednesday - 15 minutes of instruction in health education
10 minutes of activity based program
25 minutes of physical education
5 minutes of activity based instruction provided by regular classroom teacher

Thursday - 15 minutes of activity based instruction provided by regular classroom teacher

Friday - 15 minutes of instruction in health education
10 minutes activity based program
25 minutes of physical education
5 minutes of activity based instruction provided by regular classroom teacher

Example 2

Monday - 45 minutes of physical education (Group 1)
12 minutes of recess or other activity based program

Tuesday- 45 minutes of physical education (Group 2)
12 minutes of recess or other activity based program

Wednesday - 45 minutes of health education (Groups 1 and 2)
12 minutes of recess or other activity based program

Thursday - 45 minutes of physical education (Group 1)
12 minutes of recess or other activity based program

Friday - 45 minutes of physical education (Group 2)
12 minutes of recess or other activity based program

II. **Grades 9-12**

A. Successful implementation of Physical Education and Comprehensive Health Education must include the following:

- ½ Carnegie unit of physical education provided by staff that possess a valid 9-12 teaching license with a physical education endorsement (See Waivers/Exemptions on Page 10)
- Mississippi Public School Accountability Standards require ½ Carnegie unit requirement for health education provided by staff that possess a valid 9-12 teaching license with a health education endorsement
- Fitness Testing in the grade which the student receives credit toward graduation

B. Sample school schedules to assist high schools in complying with the mandated physical education and health education for 9-12 are as follows:

Sample High School Schedule

Example 1

Health	One semester course
Physical Education	One semester course

Example 2

1st semester	Health	3 days of physical education per week
	Physical Education	2 days of health education per week
2nd semester	Physical Education	3 days of health education per week
	Health	2 days of physical education per week

Appendix

1. **Adapted Physical Education**

   - Refer to the students Individualized Education Program and allow parents to provide input into their child's involvement in activity based programs.

2. **Approved Curriculum**

   - Instruction in physical education must be based on state standards for physical education as provided in the Mississippi Physical Education Framework.

   - Instruction integrated by the regular classroom teacher may include the *Health in Action* web based lesson plan resource provided by the Mississippi Department of Education's Office of Healthy Schools (www.healthyschoolsms.org).

   - Instruction in physical education or activity based instruction by regular education teacher or licensed physical education teacher can be based on curriculum identified in the Supplemental Resource Providers list that is based on state standards. This list may be downloaded at www.healthyschoolsms.org

   - Instruction in health education must be based on state standards for health education as provided in the Mississippi Comprehensive Health Framework.

3. **Class Size**

Grades K-5

   - It is recommended that in grades K-5 the student to teacher ratio for physical education shall not exceed 35 to 1. If there is a licensed teacher and a teacher assistant, it is recommended the maximum class size for physical education shall not exceed 70 students.

Grades 6-12

   - It is recommended that in Grades Six-Twelve the maximum class size for physical education shall not exceed 40 students per licensed staff. If there is a licensed teacher and a teacher assistant it is recommended the maximum class size should not exceed 80 students.

   - Class Size should not apply to extracurricular activities such as band, ROTC, and show choir.

- Mississippi Public School Accountability Standard 34.5 does not apply to Physical Education or Health Education. This standards applies to core academic subjects (English, Reading, Language Arts, Math Science, Social Studies, Foreign Language, and the Arts) as defined by No Child Left Behind and Level Four and Level Five schools are exempt from this standard.

4. Course Codes

The following course codes should be used for instruction in physical education and health education:

349902	Physical Education, Grades PK - 6
340111	Physical Education, Grades 7 - 8
340113	Physical Education, Grades 9 - 12
905143	Physical Education, Dual Credit
349901	Health Education, Grades K-8
340131	Health Education, Grade 7
340132	Health Education, Grade 8
340133	Health Education Grades 9-12
340138	Distance Learning, Grades 9-12
905133	Dual Credit 9-12

Any instruction that meets the requirements of the Rules and Regulations for Physical Education or Health Education should be coded as such. This instruction also includes programs that are offered after school and meet the requirements for instruction in physical education.

The dual credit physical education course code can only be used by those high schools that have a signed articulation agreement between the district and post secondary institute using the template suggested by MDE. One high school Carnegie unit is equal to six college hours of credit.

5. Equipment

- The Suggested Equipment List may be downloaded at www.healthyschoolsms.org All teachers designated to provide instruction in physical education must have access to a computer.

6. Facility

- Minimum

  Designated area for instruction- If this is an outside area, the area must be adequately maintained to ensure safety and facilitate participation by all students. Storage space must also be provided for equipment.

- Adequate
  Indoor classroom, designated outside area, and storage space should be provided for equipment.

- Exemplary
  Gym space is available for physical education classes. Storage space must also be provided for equipment.

7. **Fitness Testing**

Students must participate in fitness testing using the FITNESSGRAM®, ACTIVITYGRAM®, President's Challenge to Physical Fitness, or other comparable program. This assessment must be conducted in grade 5 and the grade in which the student will earn the ½ Carnegie unit requirement for graduation. This time required to conduct the fitness assessment would count toward the minutes required for minimum implementation for physical education.

8. **School Health Councils**

All schools must have established a school health council and the physical education and comprehensive health staff must serve on this council. Duties of this council must include, but not be limited to, conducting a needs assessment and making recommendations based on a coordinated approach to school health. The Office of Healthy Schools recommends the School Health Index as a resource/tool for each council to use for conducting this assessment. For additional resources refer to the Local School Wellness Policy Guide for Development which can be downloaded from the Office of Healthy Schools website at www.healthyschoolsms.org.

9. **Staff**

- Physical education instruction in grades K-8 may be provided by a licensed physical education teacher, regular classroom teacher, or other staff licensed by the Mississippi Department of Education.

- Physical education instruction in grades 9-12 must be provided by a licensed physical education teacher.

- School districts are encouraged to develop ongoing relationships with Institutions of Higher Learning to allow students receiving degrees from an approved teacher preparation program an opportunity to assist with instruction in physical education programs.

10. Student Assessment

Staff should use the suggested assessment as provided in the Mississippi Physical Education and Comprehensive Health Education Frameworks and in the *Health in Action* web based resource.

11. Waivers/Exemptions

- In grades K-12 there shall be no exemptions from physical education except for a medical exemption provided by physician. The following guidelines must be followed:
  - A physician must complete a Medical Release Form provided by the school. The Medical Release Form can be downloaded at www.healthyschoolsms.org and
  - The school must keep the completed form on file.

- In grades 7-12 extracurricular activities sanctioned by the MHSAA can be substituted for physical education if:
  - attendance is kept; and
  - instruction is based on at least one competency from the Mississippi Physical Education Framework; and
  - Staff licensed by Mississippi Department of Education supervises practices and games.