**Pennsylvania Department of Education Health and Physical Education Guidelines found on the state website.**

Every student in a primary (generally grades K-3), intermediate (generally 4-6), middle school (generally grades 7-9) and senior high (generally 10-12) programs must be provided with planned instruction that is aligned with academic standards in health and physical education.

Schools provide sufficient time and planned instruction in order for students to achieve proficient levels on the Pennsylvania Academic Standards in health, safety and physical education.

Since health and physical education are not assessed via a statewide assessment, school districts must have a local assessment system in place and determine the proficient levels on those assessments. Neither the Pennsylvania Department of Education nor the State Board of Education mandates a specific number of minutes or times per week that health and physical education is provided. Each school district has the authority to make the decision as to the most appropriate manner in which to schedule classes as long as it is within the boundaries of the [Pennsylvania School Code](http://www.legis.state.pa.us/WU01/LI/LI/US/HTM/1949/0/0014..HTM) and the [Pennsylvania Code](http://www.pacode.com/secure/data/022/022toc.html).

**\*\*Please Note:** Neither the Pennsylvania School Code nor the State Board of Education allows for waivers for students from the requirements of health and physical education due to participation in a physical activity, such as interscholastic sports, band or ROTC. Physical activity is only one component of physical education and physical activity does not meet all of the requirements and standards of physical education.

**Summary of Chapter 4 Language**

4.21: Health and Physical Education shall be provided to every student every year in the intermediate level program.

School districts, including charter schools, shall determine the most appropriate way to operate their primary and intermediate level elementary programs to achieve any mission, goals and academic standards as determined by the school entity.

4.22 Health and Physical Education at the middle level planned instruction must align with the academic standards.

Curriculum and instruction at the middle level program must be standard-based and focus on mastery of health and physical education.

Planned instruction aligned with academic standards in health and physical education should be provided to every student in the middle level program.

4.23

Curriculum and instruction for health and physical education in the high school must be standards-based.

Planned instruction aligned with academic standards in health and physical education shall be provided to every student in the high school program.

4.24

High school graduation requirement and revisions shall be approved by said date. A copy of the requirements shall be published and distributed to students, parents and guardians. Copies of the requirements also shall be available in each school building or on each school entity’s publicly accessible web site. Changes to requirements shall be published and distributed and shared with general public.

Requirements through 2015-2016 school year. Each school district, charter and AVTS if applicable, shall specify requirements for graduation. Including course completion and grades, completion of culminating project, results of local assessments aligned with the academic standards.

Beginning in the 2016-2017 school year, each school district, charter school and AVTS, if applicable, shall adopt and implement requirements for high school graduation that, at minimum include: course completion and grades, demonstration of proficiency as determined by the school district, charter school or AVTS, if applicable, in each of the State academic standards not assessed by a State assessment.

4.27

Physical education program must be adapted for students who are medically unable to participate in the regular physical education program.

Physical education program shall provide coeducational instruction, except that separation by sex may be permitted in courses involving contact sports. Separation by sex may not be used to exclude students of either sex from participating in any physical education instruction.

Students of both sexes shall have equal access in interscholastic and intramural programs.

School districts may sponsor coeducational teams in interscholastic and intramural sports.

Contact sports may be separated by sex.

**Health and Physical Education Certification Preparation**

The professional education program provides evidence that Health and Physical Education teacher certification candidates complete a program containing academic content courses and required electives the same as a bachelor’s degree in health and physical education. This program shall require candidates to demonstrate knowledge of and competencies in applying the fundamental concepts in health and physical education necessary to teach across K-12 levels.

The professional education program provides evidence that health and physical education certification candidates demonstrate their knowledge of and competence in the delivery of health and physical education instruction, under the supervision of college personnel and cooperating teachers, who have demonstrated competence in teaching health and physical education. The program also provides evidence that the criteria and competencies for exit are assessed in the coursework, field experiences and student teaching and require the candidates to demonstrate their knowledge of and competence in fostering student learning through multiple instructional methodologies.

The professional education program provides evidence that each Health and Physical

Education certification candidate demonstrate knowledge and competencies that foster professionalism in school and community settings.

**Health and Physical Education Certification**

Grade Level Scope of Certificate:

A person holding a valid Pennsylvania certificate for health education or health and physical education is qualified to teach all courses in grades kindergarten through twelve.

Certification Assignment:

An educator holding a valid Pennsylvania certificate for Health and Physical Education (Code 4805) is qualified to teach: health; kinesiology; motor skill development and motor learning; group interactions; personal fitness; principles of exercise and training; the effects of physical activity on the body systems; games and sports; lifetime leisure skills; dance and rhythmic activities; outdoor skills and activities; and adaptive physical education and swimming/aquatics.

An educator holding a valid Pennsylvania certificate for Health (Code 4810) is qualified to teach: human anatomy and physiology; human growth and development; human sexuality; personal health; nutrition, weight control and eating disorders; alcohol, tobacco and chemical substance abuse; mental and emotional health; personal hygiene; consumer health related information, products, services, and consumer choices; first aid, safety and prevention; diseases and disorders, HIV/AIDS education; community health; and violence prevention.

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Lists more detailed subject matter to be taught under the physical education scope.

Lists additional detailed subjects to be taught under the health education scope.

A person holding a Health and Physical Education certificate may teach adaptive physical education at any grade level for handicapped students, but cannot include immobility training and other forms of physical therapy conducted for health/medical objectives.

Teachers certified in science or biology or as public school nurses and dental hygienists shall not be assigned to teach health as a separate subject.

When playground activity is scheduled and credited as a part of the school day (instructional time), such activity shall be under the direction of a certified physical education teacher.

Certification in physical education does not automatically qualify the holder to render instructional or coaching services in swimming.

Certification in physical education does not automatically qualify the person to serve as a part-time employee assigned as a coach of an interscholastic team.

**Local Wellness Policy for Physical Education**

Goals established by the Board in the Student Wellness Policy will be implemented in action

plans for physical education programs.

Professional staff will provide physical education instruction that complies with the curriculum

and academic standards established to ensure that students develop required skills and

knowledge.

The physical education curriculum and program will be reviewed and updated, as appropriate.

District schools will ensure that all students participate in physical education classes.

Physical education staff will utilize appropriate instructional strategies that provide meaningful

inclusion of all students regardless of skill or fitness level.

Assessment

A local assessment system will be implemented to track student progress on the Health, Safety

and Physical Education academic standards. Course grades will be awarded in the same manner

grades are awarded in other subject areas and will be included in calculations of grade point

average, class rank, and academic recognition programs.