1. **Must they take Health and PE each year? Course, program, another—exist, course each year 9-12**

§ 4.21**. Elementary education: primary and intermediate levels.**

 (f)  Planned instruction in the following areas shall be provided to every student every year in the intermediate level program. Planned instruction may be provided as a separate course or as an instructional unit within another course or other interdisciplinary instructional activity:

   (8)  Health, safety and physical education, including instruction in concepts and skills which affect personal, family and community health and safety, nutrition, the prevention of alcohol, chemical and tobacco abuse, knowledge and practice of lifetime physical activities, personal fitness, basic movement skills and concepts, motor skill development, principles and strategies of movement and safety practices in physical activity settings.

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

**§ 4.22. Middle level education.**

 (a)  The middle level planned instruction aligned with academic standards serves children who are approximately 11—14 years of age. School entities may modify the grouping of students based upon student needs identified by the school entity.

 (b)  Curriculum and instruction in the middle level program must be standards-based and focus on mastery of academic subjects, the development of critical and creative thinking, information literacy, good health and encourage active participation in the school and community.

 (c)  Planned instruction aligned with academic standards in the following areas shall be provided to every student in the middle level program. Planned instruction may be provided as a separate course or as an instructional unit within a course or other interdisciplinary instructional activity:

   (7)  Health, safety and physical education, including instruction in concepts and skills which affect personal, family and community health and safety, nutrition, physical fitness, movement concepts, motor skill development, safety in physical activity settings, and the prevention of alcohol, chemical and tobacco abuse.

 (d)  This section does not preclude the teaching of other planned instruction designed to achieve a school entity’s academic standards.

 (e)  School entities shall determine the most appropriate way to operate their middle level programs to achieve the purposes under subsection (b) and any additional academic standards as determined by the school entity.

**§ 4.23. High school education.**

 (a)  Instruction in the high school program must focus on the development of abilities needed to succeed in work and advanced education through planned instruction.

 (b)  Curriculum and instruction in the high school must be standards-based and provide all students opportunities to develop the skills of analysis, synthesis, evaluation and problem-solving and information literacy.

 (c)  Planned instruction aligned with academic standards in the following areas shall be provided to every student in the high school program. Planned instruction may be provided as a separate course or as an instructional unit within a course or other interdisciplinary instructional activity:

   (8)  Health, safety and physical education, including instruction in concepts and skills which affect personal, family and community health and safety, nutrition, physical fitness, movement concepts, motor skill development, safety in physical activity settings, and the prevention of alcohol, chemical and tobacco abuse.

 (f)  This section does not preclude the teaching of other planned instruction designed to achieve a school district’s, including a charter school’s, academic standards.

 (g)  School districts, including a charter school, shall determine the most appropriate way to operate their high school programs to achieve the purposes under subsection (a) and any additional academic standards as determined by the school entity.

**Elementary and Intermediate Schools** must have health, safety, and physical education each and every year. (4.21)

**Middle School and High Schools** must align to the PA State Academic Standards. Academic standard benchmarks are included in grades (3, 6, 9, and 12). Graduation requirements include the mastery of the academic standards at grade benchmarks 9 and 12. Although it is not required, it is highly recommended that schools teach one or more years within the benchmarks to meet the current academic standards for physical education. Students must master the academic standards in health, safety, and physical education within the 7-9 and 10-12 benchmarks. Schools have control on how often and what grades within each benchmark are used to introduce the standards and have the students master them. **Example: Middle schools address the 9th grade benchmark standards in grades 7 and 8. High school addresses the 12th grade benchmark standards in 10th and 11th grade.** (4.22) and (4.23)

1. **Can a PIAA sport “count” as PE?**

Participation in PIAA or other sanctioned athletics CANNOT be substituted for required Health and Physical Education instruction. While we certainly recognize a level of physical activity exerted in sports, Ch 4. of the PA School Code clearly mandates direct instruction in the PA Health and PE Academic Standards.

This language predates the Ch 4 revision of 2015 and has been listed on our website under the Health and Physical Education requirements. The PIAA supports this and since 2018 has provided Athletic Directors with a letter at the start of each school year reminding schools that there are no waivers for Health and Physical Education.

The Department of Education and the Pennsylvania Interscholastic Athletics Association agree upon promoting all schools across Pennsylvania with the right to know about No Waivers for Health and Physical Education classes.  According to the Pennsylvania Department of Education Health and Physical Education Website <http://www.education.pa.gov/Teachers%20-%20Administrators/Curriculum/Pages/Health--Physical-Education.aspx#tab-1>

**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.

Also according to our Chapter 4 regulations on Health/Physical Education.  Health and physical education must be taught by:

A person holding a valid and active Pennsylvania teaching certificate in the area of Health and Physical Education K-12 is qualified to teach all health and physical education courses in grades K-12.

**OR:**

An educator holding a valid and active 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.

<http://www.education.pa.gov/Teachers%20-%20Administrators/Curriculum/Pages/Health--Physical-Education.aspx#tab-1>

**§ 4.27. Physical education and athletics.**

 (a)  Physical education shall be taught as required under § §  4.21(e)(6) and (f)(8), 4.22(c)(7) and 4.23(c)(8) (relating to elementary education: primary and intermediate levels; middle level education; and high school education).

 (b)  The physical education program must be adapted for students who are medically unable to participate in the regular physical education program.

 (c)  The 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.

 (d)  In addition to physical education instruction under subsections (a)—(c), students of both sexes shall have equal access in interscholastic and intramural athletic programs to all of the following:

   (1)  School facilities.

   (2)  Coaching and instruction.

   (3)  Scheduling of practice time and games.

   (4)  Number of activities at each level of competition.

   (5)  Equipment, supplies and services.

   (6)  Funding appropriate to the sport.

 (e)  School districts may sponsor coeducational teams in interscholastic and intramural sports programs.

 (f)  Interscholastic and intramural teams playing contact sports may be separated by sex, but this subsection may not be used to exclude students of either sex from participating in a sport.

**Teacher Certification for Health and Physical Education**

<http://www.education.pa.gov/Teachers%20-%20Administrators/Certifications/Certification%20Staffind%20Policies%20CSPGs/CSPG%2047.pdf>

**Health and Physical Education Certification**

CSPG No. 047 Instructional Area Codes 4810 and 4805

Page 1 of 4

March 1, 2014

Certification Staffing Assignment

Health (4810) and Health and Physical Education (4805)

(K-12)

Health and physical education is the science or art of teaching knowledge related to the physical, mental, emotional and sociable dimensions of health and physical education.

This document contains the following sections:

Grade Level Scope of Certificate

Certification Assignment

Special Considerations

Restrictions

References

Summary of Changes

**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.

**Special Considerations:**

 An educator certified in this field may:

o Provide professional development;

o Serve in the role of mentor or advisor; and

o Assist students in understanding how to read content area materials.

 Swimming/Aquatics:

1. **How can students utilize independent or alternative PE?**

Section 4.11 in Chapter four illustrates the purpose of public education. In subsection (b) it references public education prepares student for adult life by attending to their intellectual and developmental needs and challenging them to achieve at their highest level possible. Chapter 4.11 subsection (d), (e), and (f) illustrates the importance of teaching to the academic standards, the importance of the quality of instruction, and assessment of the state and local academic standards. Independent and alternative PE can limit the amount of standards to be taught, quality of instruction if only using self-journaling of students, and limit the growth of the students physical health without visual observation by the certified health and physical education teacher.

In Chapter 4 section 27 (referenced in PIAA question) the physical education program must be adapted for students who are medically unable to participate in the regular physical education program. A medical written excuse or physical activity plan must be assigned by a medical professional. Chapter 4 does not mention any other means of alternative PE.

**§ 4.11. Purpose of public education.**

 (a)  This section and §  4.12 (relating to academic standards) describe the purpose of public education and its relationship with the academic standards.

 (b)  Public education prepares students for adult life by attending to their intellectual and developmental needs and challenging them to achieve at their highest level possible. In conjunction with families and other community institutions, public education prepares students to become self-directed, life-long learners and responsible, involved citizens.

 (c)  Together with parents, families and community institutions, public education provides opportunities for students to:

   (1)  Acquire knowledge and skills.

   (2)  Develop integrity.

   (3)  Process information.

   (4)  Think critically.

   (5)  Work independently.

   (6)  Collaborate with others.

   (7)  Adapt to change.

 (d)  The academic standards describe the knowledge and skills that students will be expected to demonstrate before graduating from a public school.

 (e)  Achievement of high academic standards in public education is dependent upon the quality of instruction in schools and student effort supported by the involvement of family and community.

 (f)  Assessment in public education is designed to determine student attainment of State and local academic standards.