

HEALTH / PHYSICAL EDUCATION

I. Health and Physical Education Program

The school division shall organize and maintain and each school shall implement a health and physical 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.

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.) This may include any combination of physical education classes, extracurricular athletics, recess, 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: April 25, 2019
Amended: September 10, 2020
Amended: September 9, 2021

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

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

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

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