

## INSTRUCTION

### Health and Physical Education

#### A. Health Education

The Health Education program for grades one through ten shall be a progression of learning experiences which focus on instruction related to alcohol and drug abuse, smoking and health, personal growth and personal health, nutrition, prevention and control of disease, physical fitness, accident prevention, personal and family survival, environmental health, mental health and consumer education. These shall be developed in accordance with procedures outlined in the curriculum guide for health education.

Classroom driver education may count for 36 class periods of health education. Students shall not be removed from classes in required courses other than health and physical education for the ~~B~~behind-the-~~W~~wheel phase of driver education.

#### B. Physical Education

Physical education courses shall be required as set forth by law and regulation and shall focus on the development of positive attitudes and behaviors toward physical activity and fitness appropriate to the student's level of development. Grade eight students not enrolled in Physical Education shall participate in a program of physical fitness throughout the regular school year. Documentation of participation will be required in accordance with Virginia Beach City Public Schools Administrative

Guidelines for Physical Fitness. At grades 11 and 12 physical education shall be offered as an elective course.

### **Legal Reference**

Code of Virginia § 22.1-207, as amended. Physical and health education.

Virginia Board of Education Regulation 8VAC20-320-10 *et seq.*, as amended. Regulations Governing Physical and Health Education.

Virginia Board of Education Regulation 8VAC20-131-10 *et seq.*, as amended. Regulations Establishing Standards for Accrediting Public Schools in Virginia.

Virginia Board of Education Guidance Document Governing Certain Provisions of the Regulations Establishing Standards for Accrediting Public Schools in Virginia (8VAC20-131) revised March, 2021 ~~adopted October 25, 2006~~, as amended.

Adopted by School Board: July 13, 1993 (Effective August 14, 1993)

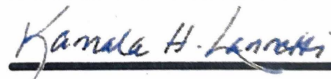
Amended by School Board: May 16, 2000

Amended by School Board: March 20, 2007

Amended by School Board: June 20, 2017

Amended by School Board: February 13, 2024

APPROVED AS TO  
LEGAL SUFFICIENCY

  
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