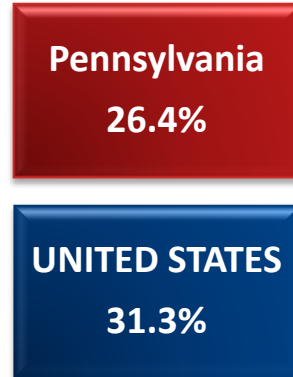
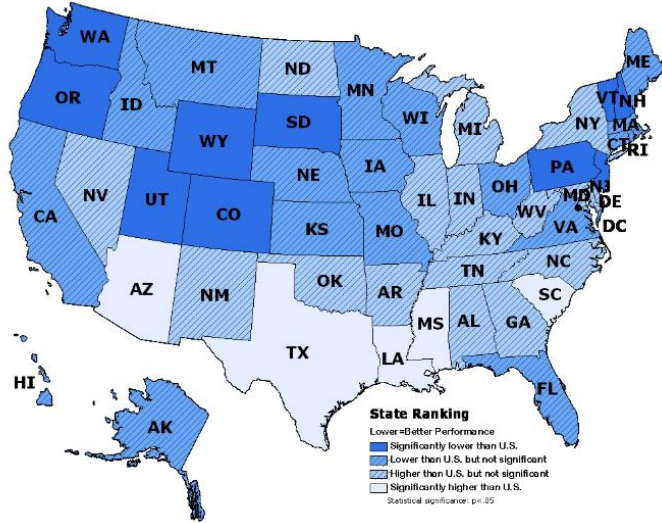




Pennsylvania

Overweight & Obesity Rates for Children



Source: 2011/12 National Survey of Children's Health. Data Resource Center for Child & Adolescent Health.

Physical Education in Pennsylvania

PENNSYLVANIA PHYSICAL EDUCATION REQUIREMENTS	YES	NO
Does PA mandate elementary school PE	X	
Does PA mandate middle school/junior high school PE	X	
Does PA mandate high school PE	X	
Does PA have its own PE standards	X	
Does PA require PE in all grades K-12		X

Source: *Shape of the Nation Report: Status of Physical Education in the USA (2012)*. National Association for Sport and Physical Education.

HIGH SCHOOL STUDENT PARTICIPATION IN PHYSICAL EDUCATION	U.S. Students %
Did <u>NOT</u> attend physical education classes daily	68.5%
Did <u>NOT</u> attend physical education classes in an average week	48.2%

Source: Youth Risk Behavior Survey (YRBS) 2011. Centers for Disease Control and Prevention.



Pennsylvania PEP Grant Funding 2001-2014:

\$18,137,145.00

Source: Compiled by SHAPE America: <http://www.shapeamerica.org/advocacy/upload/PEP-recipients-by-state-2001-2014.pdf>





PENNSYLVANIA

Amount of Required Physical Education: Pennsylvania mandates physical education in grades K-6. The state also mandates that middle school/junior high schools and high schools provide physical education to students. Planned instruction is mandated for every student every year in the primary (generally K-3) and intermediate (generally 4-6 but dependent on the district configuration) levels. Planned instruction must be provided to every student in the middle school program but it is not mandated every year. The local school district determines the grade level. Planned instruction must be provided to every student in the high school program but it is not mandated every year. The local school district determines the grade level and the number of minutes per week.

High School Graduation Requirements: The state focuses on the standards rather than physical education credits for graduation. The state requires course completion, grades and the results of local assessments aligned to the academic standards.

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

Exemptions/Waivers: Exemptions are not allowed.

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary school students. Neither does the state require a minimum weekly amount of physical activity time for middle school/junior high school and high school students. Classroom physical activity breaks are not required, and Pennsylvania does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor prohibit using

physical activity as punishment for inappropriate behavior. Pennsylvania does support Safe Routes to School programs.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency, and does monitor the implementation of local school wellness policies.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Academic Standards for Health, Safety and Physical Education were last revised in 2003.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Local school districts have the option of using any curriculum, as long as the program aligns with the Pennsylvania state standards.

Class Size: The state does not mandate a teacher-to-student ratio.

Online Physical Education Courses: The state allows online courses for physical education credits but only Cyber Charter School students are eligible to take online courses. Currently, a course in comprehensive physical education (addressing all state or national standards) is offered online and must be taught by a state-certified physical education teacher.

Student Assessment Requirements: Schools must have an assessment system in place to monitor progress on the standards. Results are used by school districts to determine progress on the Health, Safety and Physical Education Standards. The standard benchmarks are grades 3, 6, 9, and 12 but may be assessed earlier. Formative assessment is expected to be ongoing within the physical education class.

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Fitness Assessment: The state does not require the use of a particular fitness assessment protocol.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight once per year in grades 1-12. Results are sent to the state as aggregate data for the school. Individual student results are sent to the parents or guardians with an explanation of the BMI, the BMI score, BMI classification and, if necessary, recommendations to further discuss the results with a family physician.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes within a self-contained classroom.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain one's health and physical education teacher certification. Teachers must obtain 180 hours of professional development over a five-year period. The state requires that professional development be provided in the area of assign-

ment. Physical education teachers must be provided professional development on physical education topics, comparable to other curricular areas. A certification can become inactive if professional development requirements are not met. Upon completion of the professional development requirements the certification is reactivated. State funding is provided to the schools for professional development.

National Board Certification: The state actively encourages all teachers to become certified through the National Board Certification process. Physical education, however, is not one of the priority disciplines.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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