


*The attached document was created by members of the District's Coordinated School Health Committee. The document was created to help principals and others to have the local district policies and state and federal laws in one condensed and concise document to reference easily. **The document includes what the current policies and laws were at the time of the document's creation. The document will be updated accordingly as policies and laws are changing currently.** Initial principal feedback regarding these documents is positive and best practices documents will also be created.*

Summary of Current Federal, State, and Local Regulations and Policies Relevant to Physical Education and Other Physical Activity Programs

Physical Education and Other Physical Activity Programs	<div>Regulations and Policies</div> <div>Note: If policies differ, the most stringent policy will apply.</div>	
<p>Physical education is a school-based instructional opportunity for students to gain the necessary skills and knowledge for lifelong participation in physical activity. A planned, sequential K-12 curriculum provides cognitive content and learning experiences in a variety of activity areas. Quality physical education programs assist students in achieving the national standards for K-12 physical education. The outcome is a physically educated person who has the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Qualified, trained teachers teach physical education.</p>	Federal	Website/References
	<p>1. Implement a District Wellness Policy including goals for physical activity. Measure and publicly report implementation progress.</p>	<p>Healthy, Hunger-Free Kids Act 2010 http://www.law.cornell.edu/jureeka/index.php?doc=USPubLaws&cong=111&no=296</p>
	State	Website/References
	<p>1. Practical Living Program Review: In 2009, Kentucky's General Assembly passed Senate Bill 1. Passage of this bill established the implementation of a program review to be included as part of a new assessment and accountability model.</p> <p>Practical Living Program Review- Standard 1/Demonstrator 1: Health Education (Proficiency/Meets Expectations):</p> <ul style="list-style-type: none"> • A comprehensive health education curriculum is sequentially planned and aligns with the Kentucky Core Academic Standards (KCAS) for Practical Living. • Health education curriculum regularly provides opportunities for all students to become health literate by practicing the skills embedded in the National Health Education Standards (NHES) which establish, promote and support health-enhancing behaviors for students in all grade levels. • The health education curriculum provides learning strategies and activities that ensure students receive instruction in all health education content areas (e.g. family life and human sexuality, alcohol and other drugs, tobacco, nutrition, mental and emotional health, injury and violence prevention, diseases and disorders, physical activity, personal/consumer health, community/environmental health). • ... collaboration and integration of health education instruction throughout the school environment. <p>School ensures the health education curriculum is integrated and includes frequent opportunities for cross-disciplinary connections to meet the health and safety needs of all students.</p> <p>2. Kentucky Core Academic Standards (KCAS): Elementary and secondary physical education programs or courses shall follow the descriptions and requirements recorded in the physical education section of the Kentucky Core Academic Standards (KCAS),</p>	<p>Kentucky Senate Bill 1 (2009) http://education.ky.gov/comm/UL/Documents/SENATE%20BILL%201%20HIGHLIGHTS.pdf</p> <p>704 KAR 3:304</p>

	Grades K-12, as adopted in 704 KAR 3:304, and in the minimum unit requirements for high school graduation set forth in 704 KAR 3:305.descriptions and requirements recorded in the health education section of the Kentucky Core Academic Standards (KCAS).	
	3. Minimum Requirements for High School Graduation <ul style="list-style-type: none"> Physical education: One-half (1/2) credit to include the content contained in the Kentucky Core Academic Standard (KCAS) for physical education. 	704 KAR 3:305 http://www.lrc.ky.gov/kar/704/003/305.htm
	4. Student Physical Activity Each school council of a school containing grades K-5 ... shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty (30) minutes each day, or one hundred and fifty (150) minutes per week. Each school council shall adopt an assessment tool to determine each child's level of physical activity on an annual basis ... shall report ... each year on how the schools are providing physical activity under this subsection and on the types of physical activity being provided.	KRS 160.345(11) http://www.lrc.ky.gov/Statutes/statute.aspx?id=42589 KRS 158.856(5) http://www.lrc.ky.gov/statutes/statute.aspx?id=3624
	5. Federal Special Education Law and Title IX All physical education courses taught in the state of Kentucky must be in compliance with the Federal Special Education Law and Title IX and shall not include practice for or participation in interscholastic athletics.	
	Local	Website/References
	1. Instructional Goals	JCPS BOE Policy IA
	2. Basic Instructional Program	JCPS BOE Policy IGA
	3. Curriculum Design	JCPS BOE Policy IG
	4. Student Wellness <ul style="list-style-type: none"> JCPS District and K-5 local school's Student Wellness Policy addresses several goals, including: opportunities for physical activity on a regular basis. School is implementing the district-level wellness policy via a school-level wellness policy that is reviewed annually; and goals for school wellness are included in the CSIP.	JCPS BOE Policy JI http://www.jefferson.k12.us/Departments/GeneralCounsel/boardpolicy0702.pdf
	5. Physical Education: All elementary and secondary school students shall receive organized physical education instruction as recorded in the Kentucky's Core Academic Standards and in the minimum unit requirements for high school graduation set forth in 704 KAR 003:305.	JCPS BOE Policy 08.1346 http://www.jefferson.k12.ky.us/Departments/GeneralCounsel/boardpolicy08.1346.pdf

JCPS is committed to providing a school environment that enhances learning and assists students in developing lifelong wellness practices. Best practices regarding wellness are always encouraged. For more information regarding Health Education, contact JCPS Curriculum Management, at 485-3053.

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