

## MIDDLE SCHOOL PHYSICAL EDUCATION REQUIREMENTS

Physical education (PE) is an important academic subject that teaches students to be physically active, work as a team, and set fitness goals that can last a lifetime. The fitness-based skills that students learn in PE is what emerging research shows is essential to learning. This document compiles key information about New York State (NYS) standards, guidelines, requirements, New York City's (NYC) recommended curricula, and professional development opportunities.

### Learning Standards and Guidance

- Learning standards establish what students should know and be able to do at each grade level and provide the basis for meaningful assessments.
- NYS learning standards for physical education are: 1) Personal Health and Fitness; 2) A Safe and Healthy Environment; and 3) Resource Management. See the link to the NYS curriculum and instruction website on our PE requirements page.
- See National Learning Standards for Physical Education and National Grade-Level Outcomes for K-12 Physical Education at [www.WeTeachNYC.org](http://www.WeTeachNYC.org).

### Middle School Instructional Time Requirements

- NYS Education Law 803 requires instruction in PE. NYS Commissioner's Regulation 135.4 explains the requirements for instruction.
- Middle school students must participate in PE in every semester throughout middle school, 90 minutes per week. This is equivalent to 27 hours per semester. Schools may follow the traditional 3/2 model (3 periods per week in one semester and 2 periods per week in the other semester), or distribute the time in other patterns.
  - Students in grade 5 and 6 in a middle school follow the middle school requirements.
  - Students in grade 6 in a K-8 or K-12 school follow the elementary requirements.
- The size of PE classes in middle school shall not exceed 50 students to 1 teacher per the UFT Contract. It is important to consider the size and nature of your facility to provide a safe environment for quality instruction.
- NYS does not grant waivers or permit exemptions from PE. If a student has a medical certificate of limitation, it must indicate the area of the PE program in which the pupil may participate.

### Staff Requirements

- PE must be taught by a certified physical education teacher.

### Curriculum Materials and Professional Development

- All middle school PE teachers should incorporate a health-related fitness education curriculum, which allows students to learn why activity is important and how it benefits them today and for a lifetime. The recommended *Physical Best* curriculum is a comprehensive health-related fitness education program. NYCDOE teachers who attend the *Physical Best* training receive free curricula and materials.

- The NYC FITNESSGRAM assessment tool was designed for NYC students and teachers. It is used to assess student fitness levels and their learning in PE. It is expected that all schools conduct this annual assessment for every eligible student. Parents or caregivers can review NYC FITNESSGRAM reports for their child online by setting up a NYC Schools Account, or for more information email [NYCSchoolsAccount@schools.nyc.gov](mailto:NYCSchoolsAccount@schools.nyc.gov).
- **Free Professional Development:** NYCDOE teachers can register for free trainings using the Office of School Wellness Programs Professional Development catalog online.
- **Materials:** NYCDOE teachers who attend the Physical Best training receive free curricula and materials. Additional PE materials are available at [www.WeTeachNYC.org](http://www.WeTeachNYC.org).
- **Contact us:** For more information, visit [schools.nyc.gov/wellness](http://schools.nyc.gov/wellness) or email [PEworks@schools.nyc.gov](mailto:PEworks@schools.nyc.gov).