

HIGH 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.

High School Instructional Time Requirements

- NYS Education Law 803 requires instruction in PE in grades K-12. See the link to the NYS curriculum and instruction website on our PE requirements page.
- High school students must participate in PE throughout high school.
- High schools may schedule PE classes one of the following ways (times are exclusive of time needed for changing and dressing):
 - PE is scheduled daily: Students must attend and participate for a minimum of 180 minutes per week for seven semesters.
 - PE is scheduled three times per week in one semester and two times per week in the other semester (3/2): Students must attend and participate for a minimum of 90 minutes per week for eight semesters.
- The size of PE classes in high school shall not exceed 50 students to 1 teacher (UFT Contract). It is important to consider the size and nature of your facility in order provide a safe environment and 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

Earning Credits for a Diploma

- Each high school student must earn the equivalent of four credits in PE to be eligible to receive a diploma, per NYCDOE Chancellor's Regulations A-501 (equivalent to 2 "units" described in NYSED regulations):
 - Students who participate in daily PE for seven semesters will earn .58 credits per semester.
 - Students who participate in PE for eight semesters (3/2) will earn .5 credits per semester.

- Schools may substitute a comparable time each semester in extra-class programs or out-of-school activities approved and supervised by the PE staff and school administration for students in grades 10-12 *only*, who have demonstrated acceptable levels of physical fitness, skills, and knowledge of PE.

Curriculum Materials and Professional Development

- All high 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.
- 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.
- **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.
- **Contact us:** For more information, visit schools.nyc.gov/wellness or email PEworks@schools.nyc.gov.