

HIGH SCHOOL PHYSICAL EDUCATION REQUIREMENTS

- Wellness Quick Reference Sheet for Principals and Teachers of High School Students -

Physical Education (PE) plays a vital role in the development and growth of all students. In PE, students learn critical concepts and develop attitudes, skills, and behaviors that lead to lifelong physical, mental, emotional, and social wellness. This document has key information about New York State (NYS) standards, guidelines, PE requirements, New York City (NYC) recommended curricula and professional development opportunities.

Learning Standards and Guidance

- Learning standards establish what students should understand 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. Details can be found at: www.p12.nysed.gov/sss/schoolhealth/schoolhealtheducation/healthPEFACSLearningStandards.pdf
- National Learning Standards for Physical Education can be found at: www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm

High School Instructional Time Requirements

- NYS Education Law 803 requires instruction in PE in grades K-12. For details, go to: www.p12.nysed.gov/ciai/pe/documents/title8part135.pdf
- 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

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: <http://docs.nycenet.edu/docushare/dsweb/Get/Document-24/A-501.pdf> (equivalent to 2 "units" described in [NYSSED 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.
- Recent research shows a strong correlation between fitness and academic achievement: <http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2009fitnessgram.pdf>
- **Free Professional Development:** NYCDOE teachers can register for our free trainings on ProTraxx.com. Go to <http://tinyurl.com/25ggczx> for upcoming dates and enrollment information.
- **Materials:** NYCDOE teachers who attend the Physical Best training receive free curricula and materials.

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Have Questions? Need More Information?

The Office of School Wellness Programs (OSWP) supports schools in achieving standards and implementing quality physical and health education programs. For more information about PE requirements and to access live links, visit the following web page: schools.nyc.gov/Academics/FitnessandHealth. You can also contact us at: wellness@schools.nyc.gov