

Appendix to Carlson et al. State Policies about Physical Activity Minutes in Physical Education or During the School Day. Journal of School Health 2012;in press.

Excerpts of Policy Wording and Links for the Identified State School Physical Activity Policies

Arkansas

005-01 Ark. Code. R. § 08: “Public school students in grades K-6 will receive sixty (60) minutes of scheduled physical education training and instruction, and ninety (90) minutes of physical activity each calendar week of the school year. The physical activity may include additional physical education classes, physical activity during the regular school day through activities such as daily recess periods, walking programs, intramurals and the integration of physical activity into the academic curriculum.”

http://arkedu.state.ar.us/commemos/attachments/Rules_0807.doc

District of Columbia

D.C. Code § 38-824.01: “It shall be the goal of the District of Columbia for children to engage in physical activity for 60 minutes each day.”

D.C. Code § 38-824.02: “At least 50% of physical education class time shall be devoted to actual physical activity, with as much class time as possible spent in moderate-to-vigorous physical activity.”

<http://www.dccouncil.us/images/00001/20100427111705.pdf>

Idaho

Idaho Content Standards for PE (embedded by reference in Administrative Code ADC 08. 02. 03.004): “Students will participate in developmentally appropriate moderate to vigorous physical activity a minimum of 50% of the lesson time (e.g., time assessment, pedometer = 3200 steps in a 40 minute lesson or 80 steps per minute, etc.)” “Students will participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks, etc.)”

<http://www.sde.idaho.gov/site/csh/docs/Standards/PE%20IDAHO%20CONTENT%20STANDARDS%20Approved%201-2010%20for%20School%20District%20Adoption%20Fall%202010.pdf>

Iowa

Iowa Admin. Code r. 281-12.5(256)(19): “Physically able pupils in kindergarten through grade 5 shall engage in physical activity for a minimum of 30 minutes each school day. Physically able pupils in grades 6 through 12 shall engage in physical activity for a minimum of 120 minutes per week in which there are at least five days of school.”

<http://www.legis.iowa.gov/DOCS/ACO/IAC/LINC/03-23-2011.Chapter.281.12.pdf>

Kentucky

Ky. Rev. Stat. Ann. § 160.345(11): “Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty (30) minutes per day, or one hundred and fifty (150) minutes per week.”

<http://nhs.ky.gov/NASBE/Kentucky%20Legislation/Senate%20Bill%20172%20as%20passed%20by%20the%202005%20General%20Assembly/SB172.pdf>

Louisiana

La. Rev. Stat. Ann. § 17:17.1: “Each public school that includes any of the grades kindergarten through eight shall provide at least thirty minutes each school day of quality moderate to vigorous physical activity for students.”

<http://www.legis.state.la.us/lss/lss.asp?doc=285621>

Mississippi

36-000-001 Miss. Code R. § 4012: “Grades K-8. Successful implementation of Physical Education and Comprehensive Health Education must include 150 minutes per week of instruction through a combination of physical education, physical activity, and activity based instruction.”

CMSR 36-000-001 (page 84)

Missouri

Mo. Rev. Stat. § 167.720: “School districts must ensure that students in elementary schools participate in moderate physical activity, as described in the act, for the entire school year for an average of 150 minutes per week, or thirty minutes per day.”

http://www.senate.mo.gov/09info/BTS_Web/Bill.aspx?SessionType=R&BillID=683252

New Hampshire

N.H. Code Admin. R. Ann. 310.01 + 310.03 + 310.04: “The policy shall recommend that all students in elementary school through high school and suggests all staff at the schools participate in developmentally appropriate physical activity and exercise for a minimum of 30 to 60 minutes each day as a way to minimize the health risks created by chronic inactivity, childhood obesity, and other related health problems.”

<http://www.education.nh.gov/legislation/ed310.htm>

North Carolina

HPS-S-000 (embedded by reference in G.S. 115C-81 [e1]): “A minimum of 30 minutes of moderate to vigorous physical activity shall be provided by schools for all K-8 students daily. This requirement can be achieved through a regular physical education class and/or through activities such as recess, dance, classroom energizers, or other curriculum-based physical activity programs. However, such use of this time should complement and not substitute for the physical education program.”

<http://www.nchealthyschools.org/components/healthyactivechildrenpolicy>

Oklahoma

Okla. Stat. tit. 70, § 11-103.9: “The Board shall require, as a condition of accreditation, that public elementary schools provide instruction, for students in full-day kindergarten and grades one through five, in physical education or exercise programs for a minimum of an average of sixty (60) minutes each week. The time students participate in recess shall not be counted toward the sixty-minutes-per-week physical education requirement.” “In identifying the essential knowledge and skills, the State Board of Education shall ensure that the Priority Academic Student Skills for physical education Requires that, on a weekly basis, at least fifty percent (50%) of the physical education class be used for actual student physical activity and that the activity be, to the extent practicable, at a moderate or vigorous level.”

<https://www.sos.ok.gov/documents/legislation/52nd/2010/2R/SB/1876.pdf>

Oregon

Or. Rev. Stat. § 329.496 (eff. 2017-18 SY): “School districts and public charter schools shall devote at least 50 percent of physical education class time to actual physical activity in each school week, with as much class time as possible spent in moderate physical activity.”

<http://www.leg.state.or.us/07reg/measpdf/hb3100.dir/hb3141.en.pdf>

South Carolina

S.C. Code Ann. § 59-10-10: “Students in kindergarten through fifth grade must be provided a minimum of one hundred fifty minutes a week of physical education and physical activity.”

<http://www.scstatehouse.gov/code/t59c010.htm>

Tennessee

Tenn. Code Ann. § 49-6-1021: “It shall be the duty of each LEA to integrate a minimum of ninety (90) minutes of physical activity per week into the instructional school day for elementary and secondary school students. Opportunities to engage in physical activity may include walking, jumping rope, playing volleyball or other forms of physical activity that promote fitness and well-being.”

http://www.tn.gov/education/ci/health_pe/index.shtml

Texas

Tex. Educ. Code § 28.002: “In identifying the essential knowledge and skills of physical education, the State Board of Education shall ensure that the curriculum requires that, on a weekly basis, at least 50 percent of the physical education class be used for actual student physical activity and that the activity be, to the extent practicable, at a moderate or vigorous level.”

<http://www.statutes.legis.state.tx.us/Docs/ED/htm/ED.28.htm>

Virginia

Va. Code Ann. § 22.1-253.13:1(14): “A program of physical fitness available to all students with a goal of at least 150 minutes per week on average during the regular school year. Such program may include any combination of (i) physical education classes, (ii) extracurricular athletics, or (iii) other programs and physical activities deemed appropriate by the local school board. Each local school board shall incorporate into its local wellness policy a goal for the implementation of such program during the regular school year.”

http://www.doe.virginia.gov/testing/sol/standards_docs/physical_education/index.shtml
