

KENTUCKY



Amount of Required Physical Education: The state requires high schools, but not elementary or middle school/junior high schools, to provide students with physical education.¹²⁰ A minimum time or duration is not specified, but it is required for graduation.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage required physical education instruction.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credit for graduation.¹²¹

Substitutions: The state permits school districts or schools to allow students to substitute Junior Reserve Officer Training Corps (JROTC) for required physical education.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from the state physical education requirements. Students may apply for an exemption from the physical education requirement for medical reasons or religious beliefs. In the case of medical reasons, a local board of education may authorize the child to substitute a physical education course which is within his or her physician-specified capabilities.¹²²

Physical Activity: The state does not require elementary schools to provide daily recess, but requires each school council or principal of grades K-5 schools to develop and implement a wellness policy that includes daily physical activity (maximum 30 minutes/day or 150 minutes per week, which may include instructional physical activity time). The state does not require a minimum weekly amount of physical activity time for middle school/junior high school or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. It monitors implementation of local school wellness policies by way of annual reports submitted to the department of education.

State Standards: The state has adopted standards for physical education. [The Kentucky Physical Education Standards](#) were last revised in 2006.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curricula for elementary, middle school/junior high, or high school physical education. In the past year the state has promoted the following curriculum tools to schools or school districts: Written physical education curriculum, goals and objectives of physical education, student learning benchmarks, chart describing scope and sequence for physical education, and lesson plans or learning activities for physical education. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through: Centers for Disease Control and Prevention (CDC)-sponsored professional development, presentation(s) at state conferences or meetings, information-sharing through existing state communication networks, and inclusion of PECAT as best practice in the PLCS Program Review on which all schools must report annually as a part of state accountability.

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs in school districts and schools. The board of education of any district may levy a tax between \$0.04-0.20 on each \$100 valuation of property subject to local taxation to provide a special fund for purchasing, constructing, renovating, or equipping of sites for school buildings and physical education and athletic facilities.¹²³

Class Size: The state's required student-teacher ratio for academic classes is not applicable to physical education.¹²⁴

Online Physical Education Courses: The state does not allow required physical education credits to be earned through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards. Each child's level of physical activity is to be assessed annually using a designated tool, and reported up to the Legislative Research Commission.¹²⁵

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight data, but it provides model policies, policy guidance, or other materials to inform school or district policy on this screening.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels. It also requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education.¹²⁶ Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is not required in order to maintain/renew one's physical education teacher certification or licensure. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by providing or facilitating mentoring for teachers going through the process and providing an on-going higher level of pay to all teachers who are National Board Certified.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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120 Ky. Rev. Stat. Ann. § 156.160 (2015); 704 Ky. Admin. Regs. 4:010 (2015). Physical education.

121 704 Ky. Admin. Regs. 4:010 (2015). Physical education; 704 Ky. Admin. Regs. 3:305 (2015).

122 704 Ky. Admin. Regs. 4:010 (2015). Physical education.

123 Ky. Rev. Stat. Ann. § 160.476 (2015).

124 Ky. Rev. Stat. Ann. § 157.360 (2015).

125 Ky. Rev. Stat. Ann. § 160.345 (2016).

126 16 Ky. Admin. Regs. 6:010 (2015).