

MINNESOTA



Amount of Required Physical Education: The state requires students to take physical education in grades K-8,¹⁵⁵ but does not have a requirement for the number of minutes. High schools are required to provide physical education and students are required to participate in physical education once during high school. The state does not have a method of enforcing the physical education requirements.

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

High School Graduation Requirements: The state does not have a requirement for the number of high school physical education credits needed for graduation.

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities 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 excused absence from physical education for all or part of the school year for medical reasons or religious beliefs.¹⁵⁶

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, 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 does not require schools or school districts to provide their local school wellness policy to the state education agency, but they are required to post the policy online for the public. The state monitors implementation of local school wellness policies through food and nutrition site visits.

State Standards: The state has adopted the [National Standards for Physical Education developed by the National Association for](#)

[Sports and Physical Education](#). The state is using the 2004 National Standards; the standards were revised in 2013 but have not yet been legislated.

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 requires school districts and schools to use a curriculum aligned with the state standards for physical education, but does not require a specific curriculum. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through existing state communication networks and presentations at state conferences or meetings.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. A school board is authorized to require payment of fees for physical education and athletic equipment and apparel.¹⁵⁷ Additional funding is available from the State Health Improvement Program within the Minnesota Department of Health. Funding amounts are determined at the local public health level and may be used for professional development and equipment purchases.

Class Size: The state does not have a required student-teacher ratio for academic classes.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: Students may apply for approved online learning courses.¹⁵⁸ The state allows students to

earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment in physical education. School districts make local level decisions on student assessment related to physical education.

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, 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,¹⁵⁹ and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (Minnesota Teaching Licensing Examinations) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: The state requires professional development for physical education teachers on physical education topics, but does not provide any events or funding for professional development specifically for physical education teachers.

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

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process.

District Physical Education Coordinator: The state has designated staffing at the state level (<0.5 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

Contact Person:

Mary Thissen-Milder, PhD
Active Schools Coordinator
Minnesota Department of Education
1500 Highway 36 West
Roseville, MN 55113
651-582-8505
mary.thissen-milder@state.mn.us

155 Minn. Stat. § 120A.22, subdiv. 9 (2015); Minn. Stat. § 120A.22, subdiv. 5 (2015).

156 Minn. Stat. § 120A.22, Subdiv. 12(a) (2015).

157 Minn. Stat. § 123B.36, subdiv. 1 (2015).

158 Minn. Stat. § 124D.095, subdiv. 3 (2015); PE. 120B.30 STATEWIDE TESTING AND REPORTING SYSTEM.

159 Minn. R. 8710.3200 (2015); Minn. R. 8710.4700 (2015).