

NORTH CAROLINA



Amount of Required Physical Education: The state survey reported that the state does not require elementary or middle school/junior high schools to provide students with physical education. It also reported that high schools are required to provide physical education and students in grade 9 are required to take physical education for graduation credit. A State Board of Education policy specifies that North Carolina K-8 students are to be offered physical education²²⁷ and participate in the local education agency's physical education curriculum. The policy is highly encouraged and recommended, but local districts make final determinations. The policy directs elementary schools to consider the benefits of and move toward 150 minutes per week of quality physical education. It directs middle schools to consider the benefits of and move toward 225 minutes per week of Healthful Living Education, divided equally between health and physical education.²²⁸ Local education agencies submit an annual report that includes the number of minutes of physical education provided to students. The report is provided to the North Carolina State Board of Education, the North Carolina Department of Public Instruction, local boards of education, and other stakeholders.²²⁹

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 requires students to earn 1.0 credit in health and physical education for graduation.²³⁰ Accommodations/alternative assessments for students identified by the Americans with Disabilities Act or the Individuals with Disabilities Education Act will be provided.²³¹

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for their required physical education credit.

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. Students may not apply for an exemption from required physical education.

Physical Activity: The state survey reported that elementary schools are required to provide 30-minute daily recess, and are required to provide at least 30 minutes/day of physical activity to elementary and middle school/junior high students. The state does

not require a daily or weekly minimum amount of physical activity for high school students. The State Board of Education policy specifies that schools that do not offer daily physical education to all K-8 students shall provide a minimum of 30 minutes/day of moderate to vigorous physical activity, with activity segments ≥ 10 minutes. This requirement can be achieved by offering physical education to all students. On days when physical education is not part of a student's schedule, the requirement can be met by recess, classroom energizers, dance, or other curriculum-based physical activity programs.²³² Classroom physical activity breaks are not required, but can contribute to the daily 30-minute physical activity requirement. The state prohibits the withholding of physical activity, including recess, as punishment for disciplinary reasons. It also prohibits using physical activity as punishment for inappropriate behavior.²³³

Local School Wellness Policy: The state requires schools or school districts to submit their local school wellness policy to the state education agency; modified policies must be submitted upon adoption by the local board of education.²³⁴ The state monitors the implementation of local school wellness policies by conducting audits.

State Standards: The state has adopted standards for physical education. [The Physical Education Essential Standards](#) were revised in 2011.

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 curriculum, but requires review and/or revision of curriculum every 4-5 years. In the past year it has distributed goals and objectives of physical education and a chart describing the scope and sequence for physical education to

schools or school districts. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT), through existing state communication networks, professional development session(s) sponsored by the Centers for Disease Control and Prevention (CDC), and presentations at state conferences or meetings.

State Funding for Physical Education Programs: School district appropriations fund the state's physical education programs in school districts and schools. Grants for non-state funds are also available for education programs.

Class Size: The state's required student-teacher ratio for academic classes is applicable to physical education.²³⁵

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

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses.

Student Assessment Requirements: The state requires student assessment in physical education²³⁶ in grades 1-9. Students are assessed in National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. Aggregate results data are used to inform School Improvement Plans, wellness policies, and school district or school's long-term strategic planning. Individual student results are sent to parents/guardians of each student.

Fitness Assessment: The state requires student physical fitness assessment in grades 1-9, but does not require use of a specific assessment tool. Results are shared at the school level (e.g. with students, parents, principal) and with the school district.

Body Mass Index (BMI): The state requires schools to collect BMI for each student in grades 1-9. The state provides model policies, policy guidance, or other materials to inform school or district policy on this screening. Individual student results are sent to parents.

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, and to teach online courses. It also requires physical education teachers to pass a physical education certificate/licensure exam 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: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state provides 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 actively promoting and encouraging teachers to register for the process and by providing or facilitating mentoring for teachers going through the process.

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 to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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227 North Carolina State Board of Education Policy Manual - Policy No. HRS-E-000, N.C. Bd. of Educ. Section 4, available at <http://sbepolicy.dpi.state.nc.us/policies/HRS-E-000.asp?pri=03&cat=E&pol=000&acr=HRS>.

228 North Carolina State Board of Education Policy Manual - Policy No. HRS-E-000, N.C. Bd. of Educ. Section 4, available at <http://sbepolicy.dpi.state.nc.us/policies/HRS-E-000.asp?pri=03&cat=E&pol=000&acr=HRS>.

229 North Carolina State Board of Education Policy Manual - Policy No. HRS-E-000, N.C. Bd. of Educ. Section 7, available at <http://sbepolicy.dpi.state.nc.us/policies/HRS-E-000.asp?pri=03&cat=E&pol=000&acr=HRS>.

230 North Carolina State Board of Education Policy Manual - Policy No. GCS-N-004, N.C. Bd. of Educ. (2012), available at <http://hlnces.ncdpi.wikispaces.net/file/view/GCS-N-004%20Graduation%20Requirements.pdf/370493166/GCS-N-004%20Graduation%20Requirements.pdf>; 16 N.C. Admin. Code 0503 (2015); Statutory Reference: GS 115C-12(9b); GS 115C-81(b) (4); NC Constitution, Article IX, Section 5

231 North Carolina State Board of Education Policy Manual - Policy No. GCS-N-004, N.C. Bd. of Educ. (2012), available at <http://hlnces.ncdpi.wikispaces.net/file/view/GCS-N-004%20Graduation>

[%20Requirements.pdf/370493166/GCS-N-004%20Graduation%20Requirements.pdf](http://hlnces.ncdpi.wikispaces.net/file/view/GCS-N-004%20Graduation%20Requirements.pdf/370493166/GCS-N-004%20Graduation%20Requirements.pdf).

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