

## COLORADO

**Amount of Required Physical Education:** The state does not require elementary, middle school/junior high or high schools to provide physical education. Physical education classes may be used to fulfill the state's required minutes of physical activity (see below).

**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 credit-based graduation requirement for physical education.

**Substitutions:** The state does not permit school districts or schools to allow students to substitute other activities for physical education participation

**Exemptions/Waivers:** The state does not permit schools or school districts to apply for a waiver from state physical education classes.

**Physical Activity:** The state does not require elementary schools to provide daily recess, but has established a monthly minimum requirement for physical activity opportunities for elementary students of at least 600 minutes per month for schools that meet 5 days per week and students attend for a full school day (alternate time requirements are provided for schools that do not meet 5 days per week or enroll full-day students). This requirement may be satisfied by recess, physical education class, fitness breaks, classroom activities that include physical activity, exercise programs, or field trips that include physical activity.<sup>36</sup> The state does not require any minimum amount of physical activity time for middle school/junior high school and high school students. Classroom physical activity breaks are required for elementary school students. The state prohibits the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It does not prohibit the use of 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 does monitor the implementation of local school wellness policies.

**State Standards:** The state has developed its own Pre-K through high school standards for physical education.<sup>37</sup> The state has a voluntary comprehensive health education program in which schools may participate by creating local programs. The department of education develops guidelines that are to include recommended hours of physical education instruction for Pre-K through grade 12 and coursework or instructor endorsements in physical education.<sup>38</sup> [The Comprehensive Health and Physical Education Standards](#) were last revised in 2009.

**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 written, K-12 sequential curriculum that is aligned with state and/or national standards for physical education. The curriculum must be reviewed and/or revised every 5 years. The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. The state has distributed the following information to schools or school districts: written physical education curriculum; goals and objectives of physical education programming; student learning benchmarks; a chart describing scope and sequence for physical education; and lesson plans or learning activities for physical education. It has also promoted the use of the Physical Education Curriculum Analysis Tool (PECAT) via state communication networks.

**State Funding for Physical Education Programs:** School district appropriations fund the state's physical education programs in school districts and schools. A school district or board of cooperative services may receive funding for a local student

wellness program that includes physical education.<sup>39</sup> Additional funding is available from Colorado Health Foundation grants. Up to \$6 million/year is available in grants and may be used for technical assistance, professional development, facilities upgrades, or equipment purchases. Grant funding cannot be used for staffing.

**Class Size:** The state does not have a required student-teacher ratio for 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:** The state does not have requirements for physical education credits.

**Student Assessment Requirements:** The state requires student assessment in physical education in grades 1-12. Results are used to assess student growth and teacher effectiveness related to areas addressed in the state standards. The state also has additional statute language about assessment of school readiness, but does not specify physical education.<sup>40</sup>

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

**Body Mass Index (BMI):** The state does not require schools to collect students' BMI or height and weight. The state provides school districts or schools with model policies, policy guidance, or other materials to inform policy on screening for student weight status using body mass index.

**Certification/Licensure of Physical Education Teachers:** The state requires certification or licensure of physical education teachers. Elementary classroom teachers (generalists) are allowed to teach elementary school physical education classes. In addition, a school district may receive funding for a local student wellness program including physical education if the person who teaches these courses in the district is licensed and endorsed to teach physical education (unless the district enrolls <1,500 students).<sup>41</sup>

### 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 providing or facilitating mentoring for physical education teachers going through the process and by 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 does designate staff (<1.0 FTE) to oversee implementation, compliance, technical assistance or monitoring of physical education programs in school districts and schools.

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36 Colo. Rev. Stat. § 22-32-136.5 (2015); Children's wellness - physical activity requirement.

37 Colo. Rev. Stat. § 22-7-1005 (2015).

38 Colo. Rev. Stat. § 22-25-104 (2015).

39 Colo. Rev. Stat. § 22-25-105 (2015).

40 Colo. Rev. Stat. § 22-7-1004 (2016).

41 Colo. Rev. Stat. § 22-25-105 (2015); 1 Colo. Code Regs. 301-37:2260.5-R-8.16 (2015).