

## MASSACHUSETTS



**Amount of Required Physical Education:** The state requires students to take physical education in grades K-12, but does not have a requirement for the minimum number of minutes.<sup>148</sup> The state enforces the physical education requirements using an Annual Review/Problem Resolution System.

**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 permits school districts or schools to allow students to substitute interscholastic sports for required physical education participation or credit.

**Exemptions/Waivers:** The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may apply for an exemption from required physical education for medical reasons or religious beliefs.<sup>149</sup>

**Physical Activity:** The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly/daily amount of physical activity for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state prohibits the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It also prohibits 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.

**State Standards:** The state has adopted a [Comprehensive Health Framework](#) which includes standards for physical education yet school districts are not required to comply. The standards were last updated in 1999.

**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. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts.

**State Funding for Physical Education Programs:** General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

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

**Student Assessment:** The state does not require student assessment related to state physical education standards.

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

**Body Mass Index (BMI):** The state requires schools to collect BMI and height and weight for each student. 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 and aggregate school results are sent to the state department of health.

**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 middle school/junior high and high school levels.<sup>150</sup> 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. The state does not provide professional development events or funding specifically for physical education teachers.

**Teacher Evaluation:** The state does not have a teacher evaluation system for all teachers.

**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 not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

**Contact Person:** N/A

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148 Mass. Gen. Laws ch. 71, § 3 (2015).

149 Mass. Gen. Laws ch. 71, § 3 (2015).

150 603 Mass. Code Regs. 7.06 (2015).