

## MARYLAND



**Amount of Required Physical Education:** The state requires students to take physical education in grades K-8 and requires high schools to provide physical education, but does not specify a time or duration.<sup>143</sup> The state requires high school students to earn physical education credit for graduation but does not have a requirement for the grades (9-12) in which the credit must be fulfilled. The state enforces the physical education requirements by means of a local superintendent certifying the program through a checklist every five years.

**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 credits for graduation.<sup>144</sup>

**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 does not permit schools or school districts to apply for a waivers from state physical education requirements. The state does not permit students to apply for an exemption from required physical education class time or credit.

**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, though physical activity is included in the wellness policy. 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. The state also monitors the implementation of local school wellness policies.

**State Standards:** The state has adopted standards for physical education, with which all school districts are required to comply. [The standards](#) were undergoing revision in 2015.

**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 local school systems to use curricula that is aligned with the state standards for grades K-8 and that enable students to meet graduation requirements and select physical education electives for grades 9-12.<sup>145</sup> Local school systems make decisions about time, instructional materials, and activities that will meet the state standards. The state requires curricula to be reviewed and/or revised every five years. In the past year the state has distributed goals and objectives of physical education curriculum to schools or school districts. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT), through Centers for Disease Control and Prevention (CDC)-sponsored professional development session(s) and information-sharing through existing state communication networks.

**State Funding for Physical Education Programs:** The state Comptroller can charge against and pay from the General State School Fund annual appropriations for physical education and recreation.<sup>146</sup>

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

**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 students to earn required physical education credits through online physical education courses when a Department-approved online course is provided by the local school system.<sup>147</sup>

**Student Assessment Requirements:** 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 does not require schools to collect students BMI or height and weight data.

**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 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 not 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, but the professional development does not have to 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 actively promotes and encourages teachers to register for the National Board Certification process.

**District Physical Education Coordinator:** The state does not require each local school system 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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143 Md. Code Ann., Educ. § 7-409 (2015).  
144 Md. Code Regs. 13A.03.02.03 (2015).  
145 Md. Code Regs. 13A.04.13.01 (2015).

146 Md. Code Ann., Educ. § 5-201 (2015).  
147 Md. Code Regs. 13A.03.02.04 (2015).