

## Chapter 38: Healthy and Safe Schools

*Rule 38.12 Physical Education/Comprehensive Health Education Rules and Regulations.* The Mississippi Department of Education understands the relationship between student health and academic achievement. Research supports the relationship between quality physical education programs and the development of social skills, academic performance, increased attendance, and a reduction in discipline referrals. In accordance with Mississippi Code of 1972 Annotated Section 37-13-134 (Mississippi Healthy Students Act) and the Mississippi Public School Accountability Standards, the State Board of Education has adopted the following rules and regulations to support the implementation of quality activity based and health education programs.

### 1. DEFINITIONS

- a. Physical Education is a sequentially planned, developmentally appropriate K-12 curriculum and instruction that promotes lifelong physical activity. It helps students develop the knowledge, motor skills, self-management skills, social skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives.

Quality physical education programs provide opportunities for:

- i. students to learn the skills necessary to perform a variety of physical activities
  - ii. students to know the implications and benefits of participating regularly in physical activity
  - iii. students to be physically active
- b. Physical Activity is any movement of the body that expends energy, such as exercise, sports, dance, swimming, lifting weights or other body movements that result in an increased heart rate. Physical activity also includes daily activities like walking programs, recess, etc. Physical activity characterizes all types of human movement that leads to an expenditure of energy; associated with living, work, play, and exercise.
  - c. Activity Based Instruction allows students to practice movements learned in a variety of settings that lead to an expenditure of energy and/or support other subject areas.

This instruction could be integrated into the regular classroom setting (See Appendix: Approved Curriculum) Comprehensive Health Education is a sequentially planned, developmentally appropriate curriculum and instruction based on the Mississippi Comprehensive Health Framework that promotes a healthy lifestyle. It guides students in developing the basic knowledge, decision making skills and ability to obtain valid health information.

## 2. IMPLEMENTATION I. Grades K-8

- a. Successful implementation of Physical Education and Comprehensive Health Education must include the following:
  - i. 150 minutes per week of instruction through a combination of physical education, physical activity, and activity based instruction
  - ii. 45 minutes per week of health education
  - iii. Fitness testing in grade 5 (See Appendix)
- b. Standard 33 of the Mississippi Public School Accountability Standards requires physical education to be a part of the basic curriculum in any configuration of grades K-8. The total number of minutes in physical education must not be below 50 minutes per week.
- c. In grades 7-8 extracurricular activities, such as basketball, baseball, marching band, show choir, cheerleading, archery, softball, and football that are sanctioned by the Mississippi High School Activities Association and JROTC can be substituted for physical education if:
  - i. attendance is kept; and
  - ii. instruction is based on at least one competency from the Mississippi Physical Education Framework; and
  - iii. Staff licensed by the Mississippi Department of Education supervises practices and games.

This instruction would be coded in MSIS as a physical education course (See Appendix: Course Codes).

d. Suggested sample school schedules for elementary and middle schools to assist in complying with the mandated activity based instruction and health education for K-8 are as follows:

e. Sample Elementary School Schedule

i. Example 1

Monday -25 minutes of physical education

10 minutes of recess

10 minutes of activity based instruction integrated by regular classroom teacher

9 minutes of instruction in health education

Tuesday -10 minutes of recess

10 minutes of activity based instruction integrated by regular classroom teacher

9 minutes of instruction in health education

Wednesday-25 minutes of Physical Education

10 minutes of recess

10 minutes of activity based instruction integrated by regular classroom teacher

9 minutes of instruction in health education

Thursday -10 minutes of recess

10 minutes of activity based instruction integrated by regular classroom teacher

9 minutes of instruction in health education

Friday-10 minutes of recess

10 minutes of activity based instruction integrated by regular classroom teacher

10 minutes of instruction in health education

ii. Example 2

Monday-30 minutes of physical education

12 minutes of instruction in health education

Tuesday –30 minutes of physical education  
12 minutes of instruction in health education

Wednesday –30 minutes of physical education  
12 minutes of instruction in health education

Thursday-30 minutes of physical education  
12 minutes of instruction in health education

Friday –30 minutes of physical education

iii. Example 3

Monday-20 minutes of recess or other activity based program

Tuesday-20 minutes of recess or other activity based program  
50 minutes of physical education

Wednesday -20 minutes of recess or other activity based program

Thursday -20 minutes of recess or other activity based program  
45 minutes of health education

Friday-20 minutes of recess or other activity based program

iv. Example 4

Monday -10 minutes of activity based instruction integrated by regular  
classroom teacher  
15 minutes of instruction in health education

Tuesday-5 minutes of activity based instruction integrated by regular  
classroom teacher  
25 minutes of physical education

Wednesday- 10 minutes of activity based instruction integrated by regular  
classroom teacher  
20 minutes of recess or other activity based program  
15 minutes of instruction in health education

Thursday-5 minutes of activity based instruction integrated by regular  
classroom teacher  
25 minutes of physical education

Friday-10 minutes of activity based instruction integrated by regular  
classroom teacher

20 minutes of recess or other activity based program minutes of instruction in health education

f. Sample Middle School Schedule

i. Example 1

Monday -25 minutes of physical education  
15 minutes of instruction in health education  
10 minutes activity based program  
5 minutes of activity based instruction provided by regular classroom teacher

Tuesday -10 minutes other activity based program  
5 minutes of activity based instruction provided by regular classroom teacher

Wednesday - 15 minutes of instruction in health education  
10 minutes of activity based program  
25 minutes of physical education  
5 minutes of activity based instruction provided by regular classroom teacher

Thursday - 15 minutes of activity based instruction provided by regular classroom teacher

Friday -15 minutes of instruction in health education  
1. minutes activity based program  
25 minutes of physical education  
5 minutes of activity based instruction provided by regular classroom teacher

ii. Example 2

Monday -45 minutes of physical education (Group 1)  
12 minutes of recess or other activity based program

Tuesday-45 minutes of physical education (Group 2)  
12 minutes of recess or other activity based program

Wednesday -45 minutes of health education (Groups 1 and 2)

Thursday -45 minutes of physical education (Group 1)  
12 minutes of recess or other activity based program

Friday -45 minutes of physical education (Group 2)  
13 minutes of recess or other activity based program

3. Grades 9-12

- a. Successful implementation of Physical Education and Comprehensive Health Education must include the following:
  - i. ½ Carnegie unit of physical education provided by staff that possess a valid 9-12 teaching license with a physical education endorsement (See Waivers/Exemptions in Appendix, item 11.)
  - ii. Mississippi Public School Accountability Standards require ½ Carnegie unit requirement for health education provided by staff that possess a valid 9-12 teaching license with a health education endorsement (See Waivers/Exemptions in Appendix, item 11.)
  - iii. Fitness Testing in the grade which the student receives credit toward graduation

b. Sample school schedules high schools to assist in complying with the mandated physical education and health education for 9-12 are as follows:

c. Sample High School Schedule

- i. Example 1  
Health One semester course  
Physical Education One semester course

- ii. Example 2  
1st semester -Health  
3 days of physical education per week

2nd semester Physical Education Physical Education  
2 days of health education per week  
3 days of health education per week

Health  
2 days of physical education per week

*Rule 38.12.1 Appendix*

1. Adapted Physical Education

Refer to the students Individualized Education Program and allow parents to provide input into their child's involvement in activity based programs.

2. Approved Curriculum

- a. Instruction in physical education must be based on state standards for physical education as provided in the Mississippi Physical Education Framework.

- b. Instruction integrated by the regular classroom teacher may include the Health in Action web based lesson plan resource provided by the Mississippi Department of Education's Office of Healthy Schools.
- c. Instruction in physical education or activity based instruction by regular education teacher or licensed physical education teacher can be based on curriculum identified in the Supplemental Resource Providers List that is based on state standards.
- d. Instruction in health education must be based on state standards for health education as provided in the Mississippi Comprehensive Health Framework.

3. Class Size

a. Grades K-5

- i. It is recommended that in grades K-5 the student to teacher ratio for physical education shall not exceed 35 to 1. If there is a licensed teacher and a teacher assistant, it is recommended the maximum class size for physical education shall not exceed 70 students.

b. Grades 6-12

- i. It is recommended that in Grades 6-12 the maximum class size for physical education shall not exceed 40 students per licensed staff. If there is a licensed teacher and a teacher assistant it is recommended the maximum class size should not exceed 80 students.
- ii. Class size should not apply to extracurricular activities such as band, JROTC, and show choir.
- iii. Mississippi Public School Accountability Standard 34.5 does not apply to Physical Education or Health Education. This standard applies to core academic subjects (English, Reading, Language Arts, Math, Science, Social Studies, Foreign Language, and the Arts) as defined by No Child Left Behind and Level Four and Level Five schools are exempt from this standard.

4. Course Codes

- a. The following course codes should be used for instruction in physical education and health education:
  - i. 349902 Physical Education, Grades PK - 6
  - ii. 340111 Physical Education, Grades 7 – 8
  - iii. 340113 Physical Education, Grades 9 – 12
  - iv. 905143 Physical Education, Dual Credit
  - v. 349901 Health Education, Grades K-8
  - vi. 340131 Health Education, Grade 7
  - vii. 340132 Health Education, Grade 8

- viii. 340133 Health Education Grades 9-12
- ix. 340138 Distance Learning, Grades 9-12
- x. 905133 Dual Credit 9-12

- b. Any instruction that meets the requirements of the Rules and Regulations for Physical Education or Health Education should be coded as such. This instruction also includes programs that are offered after school and meet the requirements for instruction in physical education.
- c. The dual credit physical education course code can only be used by those high schools that have a signed articulation agreement between the district and post-secondary institute using the template suggested by MDE. One high school Carnegie unit is equal to six college hours of credit.

5. Equipment

- a. The Suggested Equipment List is located on the MDE website. All teachers designated to provide instruction in physical education must have access to a computer.

6. Facility

a. Minimum

Designated area for instruction- If this is an outside area, the area must be adequately maintained to ensure safety and facilitate participation by all students. Storage space must also be provided for equipment.

b. Adequate

Indoor classroom, designated outside area, and storage space should be provided for equipment.

c. Exemplary

Gym space is available for physical education classes. Storage space must also be provided for equipment.

7. Fitness Testing

Students must participate in fitness testing using the FITNESSGRAM®, ACTIVITYGRAM®, President's Challenge to Physical Fitness, or other comparable program. This assessment must be conducted in grade 5 and the grade in which the student will earn the ½ Carnegie unit requirement for graduation. The time required to conduct the fitness assessment would count toward the minutes required for minimum implementation for physical education.

8. School Health Councils

All schools must have established a school health council and the physical education and comprehensive health staff must serve on this council. Duties of this council must



include, but not be limited to, conducting a needs assessment and making recommendations based on a coordinated approach to school health. The Office of Healthy Schools recommends the School Health Index as a resource/tool for each council to use for conducting this assessment.

9. Staff

- a. Physical education instruction in grades K-8 may be provided by a licensed physical education teacher, regular classroom teacher, or other staff licensed by the Mississippi Department of Education.
- b. Physical education instruction in grades 9-12 must be provided by a licensed physical education teacher.
- c. School districts are encouraged to develop ongoing relationships with Institutions of Higher Learning to allow students receiving degrees from an approved teacher preparation program an opportunity to assist with instruction in physical education programs.

10. Student Assessment

Staff should use the suggested assessment as provided in the Mississippi Physical Education and Comprehensive Health Education Frameworks and in the Health in Action web based resource.

11. Waivers/Exemptions

- b. In grades K-12 there shall be no exemptions from physical education except for a medical exemption provided by a physician. The following guidelines must be followed:
  - i. A physician must complete a Medical Release Form provided by the school.
    - a) the school must keep the completed form on file.
- b. In grades 7-12 extracurricular activities sanctioned by the MHSAA and JROTC can be substituted for physical education if:
  - i. attendance is kept; and
  - ii. instruction is based on at least one competency from the Mississippi Physical Education Framework; and
  - iii. Staff licensed by Mississippi Department of Education supervises practices and games.
- c. In grades 9-12 successful completion of the first two JROTC courses can substitute for the required ½ Carnegie unit in health education if:

- i. instruction includes all of the health components included in the JROTC I and JROTC II curriculums; and,
- ii. the JROTC teachers are licensed by the Mississippi Department of Education with the 499 endorsement code.

Source: *Miss. Code Ann. § 37-1-3 (Revised 10/2010)*