

**2010-2011 REQUIREMENTS FOR PHYSICAL ACTIVITY (PA), PHYSICAL EDUCATION (PE),
AND FITNESS ASSESSMENTS (FA)**

GRADE LEVEL	STRUCTURED PHYSICAL ACTIVITY (PA)	PHYSICAL EDUCATION (PE)	FITNESS ASSESSMENTS (FA)
ELEMENTARY GRADES Pre K-5	The requirement of the Texas Education Code (TEC), §28.002, as amended by Senate Bill (SB) 530, 80th Texas Legislature, is thirty (30) minutes a day in grades 1-5 and grade 6 if included in an elementary campus. If a school district determines, for any particular grade level below sixth grade, that this requirement is impractical due to scheduling concerns or other factors, students in that grade level may participate in moderate or vigorous PA for at least 135 minutes during each school week. Senate Bill (SB) 891, 81st Texas Legislature, requires full-day kindergarten students, to the extent practicable, students enrolled in half-day prekindergarten to participate in moderate or vigorous PA. In addition, SB 891 requires that, on a weekly basis, at least 50 percent of the PE class be used for actual student PA that is, to the extent practicable, at a moderate or vigorous level.	PE Texas Essential Knowledge and Skills (TEKS)-based instruction is required to be offered at each elementary school grade level, but the format is flexible. The requirement, listed in the Texas Administrative Code (TAC) may be found at TAC §74.2, Description of a Required Elementary Curriculum: http://www.tea.state.tx.us/rules/tac/chapter074/ch074a.html	**FA using FITNESSGRAM are required for all students in grades 3-5.
MIDDLE SCHOOL GRADES 6-8	Thirty (30) minutes a day of PA are required for grades 6-8 and to be offered at least four semesters during grades 6-8. Grade 6, if included in an elementary campus, follows the requirement for elementary schools. For districts that use block scheduling, students must participate in moderate or vigorous PA for at least 225 minutes during each two-week school period and at least 50 percent of the PE class is actually PA. The laws and rules are referenced above.	PE TEKS-based instruction is required to be offered at each middle school grade level, but the format is flexible. The requirement, listed in the Texas Administrative Code (TAC) may be found at TAC §74.3, Description of a Required Secondary Curriculum: http://www.tea.state.tx.us/rules/tac/chapter074/ch074a.html	**FA using FITNESSGRAM are required for all students in grades 6-8.
HIGH SCHOOL GRADES 9-12	Structured PA is included in courses listed in the TAC for graduation credit. TEKS for these courses may be found at: http://www.tea.state.tx.us/rules/tac/chapter116/ch116c.html . In addition, SB 891 requires that at least 50 percent of the PE class be used for actual student PA that is, to the extent practicable, at a moderate or vigorous level. Students participating in approved substitution activities for PE credit are required to participate in at least 100 minutes per five-day school week at a moderate or vigorous level.	Students are required to complete one credit in PE to fulfill graduation requirements. Substitutions for graduation credit are allowed. The only course that is authorized by the State Board of Education (SBOE) to substitute for PE is JROTC. Activities allowed as PE substitutions include athletics, marching band, cheerleading, drill team, and approved appropriate private or commercially-sponsored programs.	**FA using FITNESSGRAM are required for all students in grades 9-12.

****FITNESSGRAM and Exemptions for Students with Disabilities**

FITNESSGRAM is a physical fitness assessment only. Schools are encouraged to evaluate the cognitive, attitudinal, and behavioral factors of students. The Texas Education Code (TEC) permits an exemption for students with disabilities from participating in the physical fitness assessment. The specific laws are provided at these links: TEC § 38.101. Assessment Required: <http://www.statutes.legis.state.tx.us/Docs/ED/htm/ED.38.htm> ; Texas Administrative Code (TAC) §74.31 Health Classifications for Physical Education <http://ritter.tea.state.tx.us/rules/tac/chapter074/ch074c.html> ; Texas Occupations Code (OC): §104.002. Healing Art. Sec. and §104.003. Required Identification. <http://www.statutes.legis.state.tx.us/Docs/OC/htm/OC.104.htm>

Districts are encouraged to consider the guidance from the Texas Association of Health, Physical Education, Recreation and Dance (TAHPERD) regarding adaptive physical education as indicated by ARD committee recommendations. This guidance is available at: http://www.tahperd.org/LINKS/links_physical_ed.html.