Physical Activity and Physical Education in TENNESSEE

Tennessee Comptroller of the Treasury

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PHYSICAL ACTIVITY:

Recess, walking indoors or outdoors, and kickball, or other forms of physical activity that promote fitness and well-being.

PHYSICAL EDUCATION:

A pre-K through grade 12 standards-based program of physical education-related instruction. Physically educated students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

As of July 2017, it is the duty of each LEA to integrate a physical activity minimum of:

130 minutes FOR ELEMENTARY SCHOOL STUDENTS

90 minutes FOR MIDDLE & HIGH SCHOOL STUDENTS

PER FULL SCHOOL WEEK

Time spent in physical education class may count toward the physical activity minimum requirements, but physical activity may not take the place of physical education.

An LEA is required to offer elementary students <u>at least one 15 minute period</u> of physical activity per day.

P.E. programs are to be provided annually for kindergarten through grade 8, but a minimum number of minutes or days per week that students should participate in physical education classes is not required.

Walking to and from class does not count toward meeting the physical activity requirements in state law.

To learn more about physical activity and physical education in Tennessee, please visit the Comptroller's website at: http://www.comptroller.tn.gov/OREA/

An audio summary is also available on this topic at: http://www.comptroller.tn.gov/OREA/