

Health Education and Physical Education in Pennsylvania Schools

Please support the following regulations, standards and policies already in place for instruction in health and physical education in schools.

Pennsylvania State Board of Education Curriculum Regulations Title 22 Chapter 4	Pennsylvania Department of Education- Academic Standards in Health, Safety and Physical Education	Certification and Staffing Policy Guidelines (CSPG)
<p>Planned instruction in health and physical education must be provided to:</p> <ul style="list-style-type: none"> every K-6th grade student every year; every 7th-9th grade student; every 10th-12th grade student 	<p>Health- 10.1.3-10.2.12 Physical Education- 10.4.3-10.5.12</p> <p>Students must be given adequate planned instruction to achieve the standards. Decreasing health and physical education staff, and the frequency of student participation in those subjects, makes it very difficult for the student to achieve these standards.</p>	<p>CSPG 47- Health and Physical Education- These content areas must be instructed by a certified health and physical education teacher, especially at the secondary level.</p> <p>CSPG 41- Elementary Education- Can teach health and physical education to a self contained class in a K-6 building. Assigning health and physical education instruction to classroom teachers does not follow best practices.</p>

Waivers/Exemptions from Physical Education- Extra-curricular activities or sports do not qualify as substitutions for physical education. Physical education is a planned course of instruction, aligned with the PA Academic Standards, instructed by a certified teacher of physical education. Many coaches/advisors do not incorporate the PA Academic standards into their practices/activities and, in most cases, are not certified in physical education.

Effects of Education Budget Cuts on Students- School board solutions to education budget cuts lead to the following undesirable learning environments that negatively impact student achievement:

- Larger class sizes (less individualized instruction)
- Reduction in the frequency of health and physical education classes (cannot achieve standards)
- Reduction in some special education services (students with disabilities do not have the support needed to be successful in inclusive settings)
- Reduction in the quality of health and physical education programs when those duties are assigned to elementary classroom teachers who do not have the expertise in those content areas
- Insufficient class time to achieve PA academic standards in health, safety and physical education