

State Standards for Physical Education in Elementary, Middle and High Schools
Health Policy Tracking Service, a service of Thomson West, June 30, 2006

STATE	Grade Level	Is physical education required by statute or regulation? ¹	Does the state provide standards or guidance for physical education content (through statutes, regulations, or recommendations)? ²	Minimum class duration ³	Minimum class frequency ³	Is physical education a high school diploma requirement?	Parameters for being excused from physical education/what can be substituted for physical education ⁴	Notes
Alabama	elementary	Yes	Yes	30 minutes daily	Daily	N/A	None, unless child attends a school church as defined by law	State developed the <i>Alabama Course of Study: Physical Education</i> . Content standards included in this document are mandatory.
	middle school	Yes	Yes	30 minutes daily (50 minutes recommended)	Daily	N/A	None, unless child attends a school church as defined by law	
	high school	Yes	Yes	Not specified	Not specified	Yes, one credit (equal to 140 hours) is required to graduate	None, except as of the 2006-2007 school year, certain specified students may substitute physical-activity based subjects (i.e. ROTC, marching band, athletics) for physical education provided the following conditions are met: 1) The school provides a plan to ensure the student achieves the 18 content standards and benchmarks as outlined in the Alabama Course of Study: Physical Education; 2) The school documents passage of the end-course exam; 3) The student submits a personal fitness plan and activity log; 4) The school provides results from required fitness test.	
Alaska	elementary	No	No	N/A	N/A	N/A	N/A	State encourages school districts to provide instruction in health and physical education for grades K through 12. State developed Skills for a Healthy Life content standards.
	middle school	No	No	N/A	N/A	N/A		
	high school	Yes	No	Not specified	Not specified	Yes, to graduate from high school, students must have one credit (or 2 semesters) in health/physical education.		
Arizona	elementary	Yes	Yes	Not specified	Not specified	N/A	Parents can withdraw a child if they object to any activity or learning material.	Arizona Administrative Code requires students to demonstrate competency in health/physical education. For elementary, middle and high schools that offer physical education, the school must comply with the standards set by the state Board of Education. In 2005, lawmakers established a Mandatory Physical Education Implementation Task Force to develop an implementation plan for a uniform physical education program in grades K through 8.
	middle school	Yes	Yes	Not specified	Not specified	Not specified		
	high school	No	N/A	N/A	Not specified	Not listed as a graduation requirement by the state		
Arkansas	elementary	Yes	Yes	One hour per week, see notes	Not specified	N/A	Student may be excused for medical or religious reasons. The local school board must then "encourage" a student who has been granted a waiver, as an alternative to physical education, appropriate instruction in health education or other lifestyle modification. Students who participate in an organized school sport may be eligible to receive physical education credit for that participation.	The state Board of Education adopted rules in 2005 that require the Department of Education to develop instructional time requirements to ensure elementary students receive a minimum of 120 minutes per week of physical education and/or activity; that students in grades 7 and 8 receive at least 60 minutes of weekly physical activity; and that high school students take one semester of physical education. Physical education curriculum must follow Physical and Health Education Curriculum Frameworks.
	middle school	Yes	Yes	One hour per week, see notes	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	Yes, one half-credit is required to graduate.		
California	elementary	Yes	Yes	200 minutes every 10 school days for grades K through 6 and for elementary schools housing grades 1 through 8	Not specified	N/A	The governing board of a school district may grant temporary exemption to a pupil from courses in physical education if the pupil (1) is ill or injured and a modified program cannot be provided, or (2) enrolled for one-half, or less, of the work normally required of full-time pupils. A governing board may also exempt a pupil from physical education for two years, any time between grades 10 to 12 (inclusive), if the pupil passed the physical performance test administered in 9th grade. A governing board may grant a permanent exemption from physical education courses if the pupil is 16 years of	Statute governing parameters takes effect July 1, 2007.
	secondary	Yes	Yes	400 minutes every 10 school days for grades 7 through 12	Not specified	N/A		

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	high school	Yes	Yes	400 minutes every 10 school days for grades 7 through 12	N/A	Yes, students must complete two courses in physical education, unless exempted	Exemption from physical education courses in the public 10 years of age or older and has been enrolled in the 10th grade one academic year, is enrolled as a postgraduate pupil, is enrolled in a juvenile home, ranch, camp or forestry camp. See notes.	
Colorado	elementary	No	Yes, see notes	N/A	N/A	N/A	N/A	State developed Model Content Standards for Physical Education with guidelines for grades K through 12. Local school boards are responsible for establishing requirements. Lawmakers have adopted resolutions encouraging state and local education agencies to establish physical activity policies, school districts to adopt policies ensuring access to daily physical activity for every student by July 1, 2006, and school districts to provide instruction teaching a healthy level of physical activity.
	middle school	No	Yes, see notes	N/A	N/A	N/A	N/A	
	high school	No	Yes, see notes	N/A	N/A	Not listed as a graduation requirement by the state	N/A	
Connecticut	elementary	Yes	Yes	Not specified	Each student in grades K through 5 must be offered a period of physical exercise every full school day.	N/A	Student may be excused for medical or religious reasons. Credit for physical education may be fulfilled by an elective.	All public schools are required to offer physical education taught by a qualified instructor. The Physical Education Curriculum Framework provides recommended curriculum guidelines. A law enacted in 2006 requires the state Department of Education to develop guidelines to address the physical health of students and provide them to local boards of education by Jan. 1, 2007. The guidelines must include plans for promoting daily physical exercise before, during and after school hours.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	Yes, one credit required to graduate		
Delaware	elementary	Yes	Yes	Not specified	Not specified	N/A	Student may be exempt for medical or religious reasons.	Each school district must provide a comprehensive health education program including physical education for grades K through 12. All students in grades 1 through 8 are required to enroll in physical education. The state's Physical Education Curriculum Framework provides recommended curriculum guidelines. Laws enacted in 2005 and 2006 established a Physical Activity and Education Task Force and a Statewide Health Advisory Council to study physical education policies and develop recommendations for the Department of Education to improve physical education and physical activity programs in schools.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	Yes, one credit (135 hours) is required for graduation.		
D.C.	elementary	Yes	Yes	Not specified	Not specified	N/A	The high school graduation requirement is waived for students participating in an evening high school diploma.	The District of Columbia Public Schools Physical Education standards contain seven standards set for grades pre-K through 12.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One and one-half credits of health and physical education is required for		
Florida	elementary	Yes, see notes	Yes	See notes	See notes	N/A	High school students may be exempt from the graduation requirement if they participate in two full seasons of an interscholastic sport at the junior varsity or varsity level and pass a fitness competency test with a score of C or better. One-half credit may be satisfied if the student completes one semester with a grade of "C" or better in: 1) a marching band class or in a physical activity class that requires participation in marching band activities or 2) Reserve Officer Training Corps class.	Each school district board is required to have a physical education policy. Any district that had not adopted a physical education policy by December 1, 2005 must provide at least 30 minutes of physical education, three days a week for grades K-5. Each school district must submit a copy of its physical education policy to the Department of Education by Sept. 1, 2006. Each district school board is required to provide courses designed to ensure that students meet the Sunshine State Standards for Health and Physical Fitness. The standards are divided into the following grade clusters: PreK-2, 3-5, 6-8 and 9-12. A new law enacted in 2006 encourages each school district to provide 150 minutes of physical education per week for students in grades K through 5 and 225 minutes per week for students in grades 6 through 8.
	middle school	No, see notes	Yes	N/A	N/A	N/A		
	high school	Yes	Yes	N/A	N/A	Yes, one credit of health and physical education is required for graduation		
	elementary	Yes	Yes	90 hours of health and education per academic year	Not specified	N/A		Middle schools are required to offer health and physical education to students. State developed The Quality Core Curriculum and Student Competencies for Physical Education as well as the Comprehensive Health

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Georgia	middle school	Yes	Yes	Not specified, see notes	Not specified	N/A	Not identified through statute or code.	Competencies for Physical Education as well as the Comprehensive Health and Physical Education Program Plan. The Joint Committee on Physical Activity recommends mandated daily physical education curriculum for all grades, integration of physical activity benefits in health education curricula, access to school physical activity space outside of school hours, parental involvement in school-based physical activity, and a state physical education coordinator with local school health advisory committees.
	high school	Yes	Yes	Not specified	Not specified	Yes, one credit (140 hours) of health and physical education is required to graduate.		
Hawaii	elementary	Yes	Yes	Not specified	Not specified	N/A	Modified physical education is provided for special needs students.	The state requires and provides physical education as a component of elementary, intermediate and high school curricula. The state also has Physical Education Content and Performance Standards to determine curriculum content.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	Yes, one credit is required to graduate.		
Idaho	elementary	Yes	No	Not specified	Not specified	N/A	Not identified through statute or code	Physical education instruction is required at elementary and middle school levels and must be offered at the high school level. All school districts are required to instruct students about physical fitness and health. High school students must complete credit in at least two instructional offering areas. Physical education is one of the six instructional offering areas, but is not required to graduate.
	middle school	Yes	No	Not specified	Not specified	N/A		
	high school	Yes	No	Not specified	Not specified	No, see notes		
Illinois	elementary	Yes	Yes	As long as other content areas	Daily	N/A	Schools with block scheduling are exempt from the daily physical education requirements. Student may be excused for medical reasons. School board is authorized to excuse students enrolled in grades 11 & 12 if they: 1) participate in an interscholastic athletic program; 2) enroll in an academic class required for high school graduation; 3) enroll in an academic class required for college admission. Students in grades 9-12 may be excused if they enroll in marching band or ROTC program. A vocational or technical course may be substituted for physical education in grades 9-12. School boards may establish a policy to excuse students on an individual basis.	School boards are required to provide daily physical education for kindergarten through grade 12. Daily participation in physical education classes is required to be as long as other content areas. State developed Illinois Learning Standards for Physical Development and Health as voluntary standards.
	middle school	Yes	Yes	As long as other content areas	Daily	N/A		
	high school	Yes	Yes	As long as other content areas	Daily	Not listed as a graduation requirement by the state		
Indiana	elementary	Yes	Yes	Recommends 105 minutes of motor skills development for grades 1-3; 75 minutes weekly for grades 4-6	Not specified	N/A	Not identified through statute or code.	State developed Indiana Academic Standards for Physical Education. Each school corporation is required to include physical fitness in its curriculum. A law enacted in 2006 requires school districts to provide daily physical activity opportunities for all elementary school students.
	middle school	Yes	Yes	Recommends 100 minutes of physical education weekly	Not specified	N/A		
	high school	Yes	Yes	Recommends two semesters	Not specified	Yes, one credit is required to graduate.		
Iowa	elementary	Yes	Yes	Not specified	Not specified	N/A	Students in 12th grade may be excused from the physical education requirement by the principal of the school if: 1) the student is enrolled in work-study or other educational programs that requires the student to be off-school premises during the day; 2) student is enrolled in academic class not otherwise available; 3) the student participates in an athletic program that requires at least as much time as the physical education requirement. Students in grades 9-12 may be excused if requested by a parent or guardian, but they must participate in an athletic program of at least 50 minutes per week.	None
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	50 minutes per week	One-eight unit per semester (50 minutes)	Not listed as a graduation requirement by the state		

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Kansas	elementary	Yes	Yes	Not specified	Not specified	N/A		A law enacted in 2006 urges the state Board of Education to require some type of physical education instruction for students in grades kindergarten through 12. State Department of Education developed Physical Education Curriculum Guide. Legislation enacted in 2005 required the state Board of Education to develop model wellness policy guidelines. The state Board of Education subsequently released the "Kansas School Wellness Policy Model Guidelines," which included recommendations for physical education. School districts were to consider, but not to adopt, the recommendations in developing their local school wellness policies.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One unit of physical education, of which one-half unit may include health education	High school graduation requirement may be waived for medical or religious reasons.	
Kentucky	elementary	Yes	Yes	30 minutes per day or 150 minutes per week	30 minutes per day or 150 minutes per week	N/A	Only an excuse from a physician.	Each school council with grades K through 5 must develop and implement a wellness policy that includes moderate to vigorous physical activity each day and allows physical activity up to 30 minutes per day or 150 minute per week. The Board of Education is required to develop a physical activity environment assessment tool. State developed content goals for physical education. State assesses health and physical education at the 5th, 8th and 10th grades.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One half-credit (60 hours) is required to graduate.		
Louisiana	elementary	Yes	Yes	30 minutes of moderate to vigorous physical activity for students in grades K through 6	Daily	N/A	Adapted physical activity shall be provided for students with special needs that preclude them from participating in regular physical education classes.	Lawmakers enacted a law recommending high school students not enrolled in physical education class participate in 30 minutes of moderate to vigorous activity every day. State developed Louisiana Physical Education Content Standards. Schools must meet benchmark standards.
	middle school	Yes	Yes	150 minutes per week for students in grades 7 and 8	Not specified	N/A	Adapted physical education may be provided for eligible special education students. Junior ROTC may be substituted for physical education.	
	high school	Yes	Yes	Not specified	Not specified	One and one-half credits is required to graduate.		
Maine	elementary	Yes	Yes	Not specified	Not specified	N/A	Not identified through statute or code	State developed Health and Physical Education Content Standards and Performance Indicators.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One unit is required to graduate		
Maryland	elementary	Yes	Yes	Not specified	Not specified	N/A	Not identified through statute or code	All local school systems must follow the Maryland Physical Education Program curriculum requirements.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	N/A	N/A	One-half credit is required to graduate		
Massachusetts	elementary	Yes	Yes	Not specified	Not specified	N/A	Student may be excused for medical or religious reasons.	State developed Massachusetts Comprehensive Health Curriculum Framework that provides guidance for physical education instruction.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	Not listed as a graduation requirement by the state		
Michigan	elementary	Yes	Yes	Not specified	Not specified	N/A	A school district may credit a student's participation in extracurricular athletics or other extracurricular activities involving physical activity as meeting the physical education requirement.	State developed Physical Education Content Standards and Benchmarks. The state Board of Education recommends 150 minutes per week of physical education for elementary school students and 225 minutes per week for middle and high school students.
	middle school	Yes	Yes	Not specified	Not specified	N/A		

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	high school	Yes	Yes	Not specified	Not specified	Not listed as a graduation requirement by the state		minutes per week for middle and high school students.
Minnesota	elementary	Yes	Yes	Not specified	Not specified	N/A	Students may be excused for medical or religious reasons. Local school districts are given the authority to exempt for athletic purposes.	The Health and Physical Education Quality Teaching Network developed a set of sample standards and benchmarks to assist school districts in their efforts to develop local health and physical education standards. The state also developed Physical Education Lifeline: A Curriculum and Instruction Resource for Physical Education Educators.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	Not listed as a graduation requirement by the state.		
Mississippi	elementary	Yes	Yes	Not specified	Not specified	N/A	Not identified through statute or code	The state recommends that local school districts offer 30 minutes per day of physical education or fitness classes for students in grades K through 6 and two hours per week for students in grades 7 through 9. Physical education curriculum must follow the competencies outlined in Fitness through Physical Education: A Framework for Physical Education in the state of Mississippi.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	Not listed as a graduation requirement by the state		
Missouri	elementary	Yes	Yes	50 minutes per week, 25 minutes for half-day K	N/A	N/A	Students may be excused for medical or religious reasons.	The state developed the Framework for Curriculum Development in Health Education and Physical Education.
	middle school	Yes	Yes	3,000 minutes per year	N/A	N/A		
	high school	Yes	Yes	Not specified	N/A	One unit required to graduate		
Montana	elementary (K-6)	Yes	Yes	Not specified	Not specified	N/A	Not identified through statute or code	State developed Health Enhancement Content and Performance Standards (includes health and physical education).
	middle school (7,8)	Yes	Yes	Students required to complete one-half unit for each year.	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One unit (135 hours) required to graduate, with one-half unit each year for two years.		
Nebraska	elementary	Yes	No	Not specified	Not specified	N/A	Not identified through statute or code	
	middle school	Yes	No	Not specified	Not specified	N/A		
	high school	Yes	No	Not specified	Daily for two years	Not listed as a graduation requirement for high school;		
Nevada	elementary	Yes, see notes	Yes	Not specified	Not specified	N/A	Not identified through statute or code	State developed performance standards that are benchmarked for grades 2, 3, 5, 8 and 12. Standards are designed to help districts develop and implement their own curriculum. Each local education agency shall establish a "school wellness policy" that at a minimum shall include goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness.
	middle school	Yes, see notes	Yes	Not specified	Not specified	N/A		
	high school	Yes, see notes	Yes	Not specified	Not specified	Two credits required for graduation		
New Hampshire	elementary	Yes	No	Not specified	Not specified	N/A	Not identified through statute or code	None
	middle school	Yes	No	Not specified	Not specified	N/A		
	high school	Yes	No	Not specified	Not specified	One unit required for graduation		
	elementary	Yes, except for K	Yes	150 minutes of health, safety and physical education required each week	Not specified	N/A		

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New Jersey	middle school	Yes	Yes	150 minutes of health, safety and physical education required each week	Not specified	N/A	Determined by local school boards. Schools are required to provide alternatives in order for student to meet the physical education core standards.	State developed New Jersey Core Curriculum Content Standards for Comprehensive Health and Physical Education.
	high school	Yes	Yes	150 minutes of health, safety and physical education required each week	Not specified	Three and three-quarter-credits required in health, safety and physical education each year of attendance		
New Mexico	elementary	Yes	Yes	Not specified	Not specified	N/A	The high school graduation requirement may be waived because of a medical condition.	State developed Content Standards and Benchmarks for Physical Education.Gov. Bill Richardson (D) approved the final version of school nutrition and wellness rules. The adopted school wellness rules included guidelines for local school wellness policies as well as health and physical education performance standards.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One unit required for graduation		
New York	elementary	Yes	Yes	120 minutes per calendar week	Daily for grades K-3; three times a week for grades 4-6	N/A	None	State developed Learning Standards for Health, Physical Education, and Family and Consumer Sciences.
	middle school	Yes	Yes	120 minutes per calendar week	Three times per week in one semester; at least two times a week in the other semester	N/A		
	high school	Yes	Yes	120 minutes per calendar week	Three times per week in one semester; at least two times a week in the other semester	Two credits required for graduation; one-quarter credit are earned per semester		
North Carolina	elementary	Yes	Yes	Not specified	Not specified	N/A	Not identified through statute or code	State developed Healthful Living Curriculum. The Division of Public Health and Department of Public Instruction developed and released "Move More: North Carolina's Recommended Standards for Physical Activity in School" in hopes of curtailing the state's rising obesity rates among children. The standards, released in 2005, provide recommendations that support and encourage physical activity and physical education. Three levels of achievement—"needs improvement," "minimum standards," and "superior standards"—are used to designate the quality of a school's physical education and physical activity programs. Officials hope that local education agencies use the recommended standards and quality tools to assess their current programs and work towards improving the health of North Carolina's children.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One credit required to graduate		
North Dakota	elementary	Yes	Yes	Not specified	Not specified	N/A	Not identified through statute or code	State developed North Dakota Standard and Benchmarks, Content Standards: Physical Education, for local school districts; districts not required to adopt standards. the state no longer requires public and private high schools to make a half unit of health or physical education available to students during each year of high school. High schools still have to make health and physical education courses available to students, but not on an annual basis per year of high school as previously required under state law.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	Not listed as a graduation requirement for high school		
Ohio	elementary	Yes	No	Not specified	Not specified	N/A	Not identified through statute or code	None
	middle school	Yes	No	Not specified	Not specified	N/A		
	high school	Yes	No	Not specified	Not specified	Half-credit (60 hours) required to graduate		
	elementary	Yes	Yes	60 minutes per week	N/A	N/A		The departments of Education and Health must assist the Healthy and Fit

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Oklahoma	middle school	Yes	Yes	N/A	N/A	N/A	Not identified through statute or code	School Advisory Committees by making information and technical assistance available to schools for use in establishing healthy school nutrition environments, reducing childhood obesity, developing physical education and activity programs, preventing diet-related chronic diseases and establishing school wellness policies. State law encourages school districts to provide physical education instruction to students in grades 6 through 12. The State Board of Education must establish a physical activity program for fifth-grade public school students that each school district voluntarily may implement for its fifth graders. The program will include the President's Council on Physical Fitness and Sports' physical fitness challenges and other elements.
	high school	Yes	Yes	N/A	N/A	Not listed as a requirement by the state		
Oregon	elementary	Yes	Yes	Not specified	Not specified	N/A	Not identified through statute or code	State developed Oregon Physical Education Standards.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One credit of health education required.		
Pennsylvania	elementary	Yes	Yes	Not specified	Not specified	N/A	Not identified through statute or code	State developed Academic Standards for Health, Safety and Physical Education.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	Not listed as a graduation requirement by the state		
Rhode Island	elementary	Yes	None	20 minutes (average)	Daily	N/A	Not identified through statute or code	None
	middle school	Yes	None	20 minutes (average)	Daily	N/A		
	high school	Yes	None	20 minutes (average)	Daily	Health education required to be taught each year; not listed as a graduation requirement by the state		
South Carolina	elementary (grades 1-5)	Yes	Yes	Not specified	Not specified	N/A	One Junior R.O.T.C credit may be taken instead of physical education. Students who are physically or mentally unable to take physical education course shall take a suitable modified course.	State developed South Carolina Physical Education Curriculum Standards.
	middle school (grades 6-8)	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One unit required to graduate		
South Dakota	elementary	No	N/A	N/A	N/A	N/A	Not identified through statute or code	State developed South Dakota Physical Education Standards to serve as framework. State statutes do not require physical education.
	middle school	No	N/A	N/A	N/A	N/A		
	high school	No	N/A	N/A	N/A	Not listed as a graduation requirement by the state		
Tennessee	elementary	Yes	Yes	90 minutes of physical act	Not specified	N/A	Credit earned in two years of JROTC may be substituted; participation in marching band or interscholastic athletics may not be substituted.	State developed Tennessee's Physical Education and Lifetime Wellness Standards. State created within the Department of Education the positions of school health coordinator and physical education specialist to assist with coordinated school health programs.
	middle school	Yes	Yes	90 minutes of physical act	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One unit required to graduate		

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Texas	elementary	Yes	Yes	135 minutes per week	Not specified	N/A	School districts may allow a student to substitute certain physical activities towards the high school graduation requirement. Waivers may be granted for credit to individual students for private or commercially-sponsored programs in Olympic-level physical training.	State developed Texas Essential Knowledge and Skills for Health and Physical Education.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One and one-half units required to graduate		
Utah	elementary	Yes	Being drafted	Not specified	Not specified	N/A	Not identified through statute or code	None
	middle school	Yes	Being drafted	Not specified	Not specified	N/A		
	high school	Yes	Being drafted	Not specified	Not specified	One and one-half units required to graduate		
Vermont	elementary (PreK-4)	Yes	Yes	Not specified	Not specified	N/A	Not identified through statute or code	State developed Vermont's Framework of Standards and Learning Opportunities
	middle school (grades 5-8)	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One and one-half years is required to graduate		
Virginia	elementary	Yes	Yes	Not specified	Not specified	N/A	Not identified through statute or code	State developed Physical Education Standards of Learning for Virginia Public Schools.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	Two credits of health and physical education required to graduate		
Washington	elementary	Yes	Yes	Not specified	Not specified	N/A	Student may be excused on account of physical disability, employment or religious beliefs, or because of participation in athletics or military science and tactics or for other good cause.	State developed The Essential Academic Requirements that provides standards (mandated, not voluntary). Local districts can determine requirements beyond those developed by the state.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	Two credits (300 hours) of health and fitness education are required to graduate		
West Virginia	elementary	Yes	Yes	30 minutes of physical education, including physical exercise	3/week	N/A	Not identified through statute or code	State developed Physical Education Content Standards and Objectives for West Virginia Schools.
	middle school	Yes	Yes	one full period of physical education, including physical exercise	Every day for one semester or	N/A		
	high school	Yes	Yes	Not specified	Not specified	One full course required to graduate		
Wisconsin	elementary	Yes	Yes	Not specified	3 times	N/A	Not identified through statute or code	State developed the Wisconsin's Model Academic Standards for Physical Education. State does not mandate districts to adopt standards.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	One and one-half credits required for graduation		
Wyoming	elementary	Yes	Yes	Not specified	Not specified	N/A	Not identified through statute or code	State developed the Wyoming Physical Education Content and Performance Standards. Schools are mandated to meet these standards and benchmarks in grades 4, 8 and 11.
	middle school	Yes	Yes	Not specified	Not specified	N/A		
	high school	Yes	Yes	Not specified	Not specified	Not listed as a graduation requirement by the state. To earn a diploma must show evidence of proficient performance in a majority of the common core of knowledge and skills, which includes physical education		

FOOTNOTES:

State Standards for Physical Education in Elementary, Middle and High Schools
 Health Policy Tracking Service, a service of Thomson West, June 30, 2006

STATE	Grade Level	Is physical education required by statute or regulation? ¹	Does the state provide standards or guidance for physical education content (through statutes, regulations, or recommendations)? ²	Minimum class duration ³	Minimum class frequency ³	Is physical education a high school diploma requirement?	Parameters for being excused from physical education/what can be substituted for physical education ⁴	Notes
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¹ Data in this column does not distinguish between what schools have to offer and what students must take.

² Designates a state has either adopted or recommended content standards or benchmarks for physical education. Does not imply that state mandates school districts to adopt the standards; serves as a guideline.

³ Information in this column does not distinguish between accreditation instruction requirements for health education (what schools must provide) or what students must take.

⁴ Schools must comply with the physical education guidelines in the Individuals with Disabilities Act and Section 504 of the Rehabilitation Act. Information in this column only reflects research conducted in state statute or administrative code.