August 22, 2006

TO          LEA Superintendents and Charter School Directors
FROM         Howard N. Lee
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PHYSICAL EDUCATION POLICY CLARIFICATION

On behalf of the North Carolina Department of Public Instruction (DPI) and the State Board of
Education (SBE), we would like to applaud your efforts on a successful school year and hope
your summer months allow for some fun and relaxation.

The State Board of Education revised the Healthy Active Children Policy (HSP-S-000) in January
2005.  It has been brought to our attention that there may be some confusion about what is
expected during the 2006-07 school year.  We would like to clarify the expectations of the policy
and share resources for principals and/or teachers within your school district.

The policy requires a minimum of 30 minutes of physical activity each school day for
children in grades K-8.   While physical education is very important and should be taught
as part of a balanced curriculum for students, this is not a mandate for daily physical
education.  Physical activity can certainly be received through a quality physical
education class; however, physical activity can also be received through recess,
intramurals, classroom activities and other venues.  The Department of Public Instruction
has provided examples of a balanced curriculum through two guiding documents:

1.  A Balanced Curriculum:  A Guiding Document for Scheduling and
     Implementation of the NC Standard Course of Study at the Elementary Level and
2.  A Balanced Curriculum:  A Guiding Document for Scheduling and
     Implementation of the NC Standard Course of Study in the Middle Grades

The balanced curriculum documents can be downloaded at www.ncpublicschools.org/curriculum.

As reflected in the Balanced Curriculum documents, health and physical education should not be
reduced to meet the mandates of physical activity in the Healthy Active Children Policy.  Some
districts have reported concerns about the delivery of health education at the middle grades level.
Health education is required for all grades K-9 by G.S. 115C-81 (e1).  Health and physical
education offer opportunities for students to develop and maintain positive health behaviors. Teachers of these content areas should address the standards in the *Healthful Living Education Standard Course of Study* for each grade level. Health and physical education should be given equal time throughout the instructional school year.

To assist with the Healthy Active Children policy, the Health and Wellness Trust Fund Commission (HWTFC) has made it a priority to support physical activity in the classroom and to place our children on track to leading healthy lifestyles. You should have received a letter from Lt. Governor Beverly Perdue regarding the support of the Health and Wellness Trust Fund. The HWTFC will support K-8 classroom teachers in their efforts to increase daily physical activity for their students in three ways:

1) [www.FitKidsNC.com](http://www.FitKidsNC.com): A new resource-based website that will provide information and hands-on support materials for teachers, parents and community leaders. This website was developed by the Center of Excellence for Research, Teaching and Learning at Wake Forest University School of Medicine, and will be used as an integral part of this initiative. The website will have many resources including Energizers, intramural information, games and active lesson plans which can be downloaded free of charge.

2) **Statewide Healthy Active Children Policy Trainings**: To help teachers better use the resources available on the website, the HWTFC will fund statewide trainings to introduce the [www.FitKidsNC.com](http://www.FitKidsNC.com) website and Energizers (classroom-based physical activities). Each K-8 teacher that attends training will receive an Energizer Activity Booklet. The Energizers can also be downloaded at [www.ncpublicschools.org/curriculum/health/resources](http://www.ncpublicschools.org/curriculum/health/resources) or [www.ncpe4me.com](http://www.ncpe4me.com) at no charge. Be Active North Carolina, in partnership with the NC Department of Public Instruction, will be handling the training. Contact Carrie Krans with Be Active North Carolina at [carrie@beactivenc.org](mailto:carrie@beactivenc.org) or 919-765-3107.

3) **Cash Incentive**: Once all K-8 teachers within the district have completed the trainings, the LEA will receive a cash incentive of $1,000 to be used to assist with the implementation of the Healthy Active Children Policy.

Additionally, the Department of Public Instruction and the Health and Wellness Trust Fund Commission have developed “*North Carolina Intramural Handbook: Active Living Through Sport and Activity*” to assist physical educators in implementation of an intramural program as a means of physical activity. This document can be downloaded free of charge at [www.ncpublicschools.org/curriculum/health/resources](http://www.ncpublicschools.org/curriculum/health/resources) or purchased through the NCDPI publications office (919) 807-3470.

HSP-S-000 states that physical activity and recess cannot be taken away as punishment. Furthermore, severe physical activity cannot be used as punishment to students. Many teachers have requested additional ideas to help with classroom management. There are several websites that have outstanding information on classroom management which do not involve taking away physical activity or using severe exercise as punishment. You can find a collection of these ideas at [www.ncpublicschools.org/curriculum/health/resources](http://www.ncpublicschools.org/curriculum/health/resources).
Other classroom management resources include:

http://www.theteachersguide.com/ClassManagement.html
http://www.teachervision.fen.com/
http://drwilliampmartin.tripod.com/classm.html

The policy does not mandate daily physical education. It does ask that schools “move toward” 150 minutes of elementary physical education per week and 225 minutes of healthful living (health and physical education) per week. This is suggested to provide students with adequate time for practicing the skill development needed to be healthy and active for a lifetime. There are new resources available to assure your physical education program is a quality program. The following resources are available for principals and teachers at www.ncpe4me.com or www.publicschools.org/curriculum/health/resources:

- Teacher evaluation review form for principals,
- Physical education program evaluation as a demonstration school,
- Appropriate and Inappropriate Practices,
- Move More: North Carolina’s Recommended Standards for Physical Activity in School,
- Inclusive Physical Education for Students with Special Needs and LEP Students in Physical Education, and
- National Association of Sport and Physical Education (NASPE) Teacher Toolbox for classroom teachers.

We hope you will take advantage of these free resources to provide a quality healthful living education program, as well as an active classroom atmosphere in your school. We look forward to working with you to create a healthy, more active school day for the children of North Carolina.

NHL/JSA/JGC/ccs

Enclosure: Resource Sheet