

DELAWARE



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, but does not specify a minimum number of minutes per week. High schools are required to provide students with physical education, and students must earn physical education credit for graduation.⁵⁰ Alignment of school district curricula to the State Content Standards is certified annually by the district through an assurance in the consolidated grant application.⁵¹

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.⁵²

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for required physical education participation or credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from the state physical education requirements. Students may apply for an exemption from the physical education requirement for medical reasons or religious beliefs. The local school district or charter school has authority to grant these exemptions.⁵³

Physical Activity: The state requires elementary schools to provide daily recess; the time duration is not specified. The state does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reason. It does prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. The state does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply. [The Delaware Physical Education Content Standards](#)⁵⁴ were last revised in 2005. School districts must provide evidence of their compliance.⁵⁵ An annual certification of school district curricula alignment with the state content standard is conducted via an assurance in the consolidated grant application.⁵⁶

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use of specific curricula for elementary, middle school/junior high or high school physical education. It has not promoted curriculum tools to schools or school districts in the past year, nor the use of the Physical Education Curriculum Analysis Tool (PECAT).

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic classes/physical education.

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state does not allow students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: There is a regulation citation regarding student assessment in physical education.

Fitness Assessment: The state requires student physical fitness assessment in grades 4, 7, and 9 or 10 using the tool designated by the state department of education⁵⁷ (FITNESSGRAM®). Results must be shared with each student's parents, guardians or relative caregivers. Results are also shared with the state department of education, which annually reports the statewide grade results to the public.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels.⁵⁸ It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis II) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but the professional development does not have to be on physical education topics.

Teacher Evaluation: The state does have a teacher evaluation system for all teachers.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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50 14 Del. Admin. Code § 503 (2015).

51 14 Del. Admin. Code § 502 (2015).

52 14 Del. Admin. Code § 503 (2015); 14 Del. Admin. Code § 505 (2015).

53 14 Del. Admin. Code § 503 (2015).

54 14 Del. Admin. Code § 501 (2015). State Content Standards. 1.0 Instructional Programs.

55 14 Del. Admin. Code § 502 (2015). Alignment of Local School District Curricula to the State Content Standards.

56 14 Del. Admin. Code § 502 (2015).

57 14 Del. Admin. Code § 503 (2015).

58 14 Del. Admin. Code § 1564 (2015).