

## ILLINOIS



**Amount of Required Physical Education:** The state requires students in grades K-12 to take daily physical education (except in the case of block scheduling, which requires physical education for periods of time that are compatible with the optimum growth and developmental needs of individuals at various age levels) but does not specify the number of minutes per week.<sup>87</sup> The state board of education oversees enforcement of physical education requirements<sup>88</sup> which includes routine monitoring, complaint investigation, and data reporting.

**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's school code establishes graduation requirements and states that districts must provide physical education, but does not specify a physical education credit requirement for graduation.<sup>89</sup>

**Substitutions:** The state permits school districts or schools to allow students to substitute interscholastic sports (grades 11-12), marching band (grades 9-12), cheerleading (if classified as an interscholastic sport),<sup>90</sup> and Junior Reserve Officer Training Corps (JROTC) for their required physical education credit.

**Exemptions/Waivers:** The state permits districts or schools to apply for a waiver from state physical education requirements. The General Assembly can grant these waivers, which are effective for two years and may be renewed up to two additional times (for a total of 6 years).<sup>91</sup> A school board may authorize grade 11-12 students an exemption for other academic courses (including courses without which students may fail to graduate, and courses that are required for admission to an institution of higher learning),<sup>92</sup> medical reasons,<sup>93</sup> or an IEP with enrollment in adaptive sports for the specific disability.

**Physical Activity:** The state does not require elementary schools to provide daily recess and 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 board of education is directed to establish a state goal that all school districts have a wellness policy consistent with Centers for Disease Control and Prevention recommendations for physical activity.<sup>94</sup> The state does not prohibit

the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit the use of physical activity as punishment for inappropriate behavior.

**Local School Wellness Policy:** The state requires schools or school districts to provide their local school wellness policy to the state education agency. It does not monitor implementation of local school wellness policies. The state board of education is directed to establish a state goal that all school districts have a wellness policy consistent with Centers for Disease Control and Prevention recommendations for physical activity.

**State Standards:** The state has its adopted standards for physical education. The "Illinois Learning Standards" were last revised in May 2014.

**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

**Other:** The influence of human body systems on growth and development

**State Curriculum:** The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. It does state that physical education should provide an appropriate amount of daily physical activity, foster the development of movement skills, enhance health-related fitness, increase knowledge, offer direct opportunities to work cooperatively in groups, and encourage healthy lifestyle habits and attitudes.<sup>95</sup> In the past year the state has distributed goals and objectives of physical education and student learning benchmarks to schools or school districts. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT).

**State Funding for Physical Education Programs:** General State Aid supports local board funding for the state's physical education programs in school districts and schools. More than 800 school districts are funded using a formula. There are no restrictions for how funds may be used. Physical education and recreational facilities are eligible for state funds upon request, as are grant awards for eligible expenses.<sup>96</sup> No additional funding is available for physical education programs.

**Class Size:** The state has a required student-teacher ratio for academic classes but it is not applicable to physical education.

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

**Online Physical Education Courses:** The state does not allow online physical education courses.

**Student Assessment Requirements:** The state does not require student assessment in physical education directly related to state standards.

**Fitness Assessment:** The state does not require student physical fitness assessment. Beginning with the 2016-2017 school year, the state board of education will require an annual, scientifically-based, health-related physical fitness assessment for grades 3-12 with periodic reporting of results to the State Board of Education.<sup>97</sup>

**Body Mass Index (BMI):** The state does not require collection of student BMI or height and weight data.

#### **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.<sup>98</sup> It also requires physical education teachers to pass a physical education certificate/licensure exam (#144 Physical Education)

before they are endorsed to teach physical education.<sup>99</sup> Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes. Elementary educator programs must include instruction in methods and materials of physical education and training.<sup>100</sup>

#### **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. The state does not provide professional development funding or events specifically for physical education teachers.

**National Board Certification:** The state actively promotes and encourages teachers to register for the National Board Certification process by providing or facilitating mentoring for teachers going through the process and providing partial funding regardless of whether the teacher receives board certification.

**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 have designated staffing (<0.50 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools

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87 105 Ill. Comp. Stat. 5/27-5 (2015); 105 Ill. Comp. Stat. 5/27-6 (2015); Ill. Admin. Code tit 23, § 1.420 (2015); Ill. Admin. Code tit. 23, § 1.430 (2015).  
88 105 Ill. Comp. Stat. 5/27-7 (2015).  
89 Ill. Admin. Code tit. 23, § 1.420 (2015); Ill. Admin. Code tit. 23, § 1.440 (2015).  
90 105 Ill. Comp. Stat. 5/27-6 (2015).  
91 105 Ill Comp. Stat. 5/2-3.25g (2015).  
92 105 Ill. Comp. Stat. 5/27-6 (2015).  
93 Ill. Admin. Code tit 23, § 1.420 (2015).

94 105 Ill. Comp. Stat. 5/2-3.139 (2015).  
95 105 Ill. Comp. Stat. 5/27-7 (2015).  
96 Ill. Admin. Code tit. 23, § 1501.603 (2015); Ill. Admin. Code tit. 74, § 1100.620 (2015); Ill. Admin. Code tit. 71, § 40.130 (2015).  
97 105 Ill. Comp. Stat. 5/27-6.5 (2015).  
98 Ill. Admin. Code tit. 23, § 1.737 (2015).  
99 Admin. Code tit. 23, § 27.270 (2015).  
100 105 Ill. Comp. Stat. 5/27-9 (2015).