

CONNECTICUT



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, but does not have a requirement for the number of minutes. High schools are required to provide students with physical education.⁴² Students must earn one physical education credit for graduation, which is to consist of at least the equivalent of a 40-minute class period for each school day of a school year.⁴³ Local and regional boards of education must report to the state board of education that physical education instruction is planned, ongoing, and systematic.⁴⁴ An annual district accountability report incentivizes or penalizes based on the percentage of 10th grade students meeting fitness standards.

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 at least 1.0 credit in physical education for graduation.⁴⁵

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 required physical education when a student presents a physician certificate stating that participating in physical education is medically contraindicated; the student is excused from the physical education requirement provided that the credit may be filled by an elective.⁴⁶

Physical Activity: The state requires elementary schools to provide at least 20 minutes of daily physical exercise for K-5 students.⁴⁷ It does not require a minimum weekly amount of physical activity time for middle school/junior high school and high school students. Classroom physical activity breaks are not required. The state does prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It directs local and regional boards of education to adopt a policy, as it deems appropriate, regarding the prohibition of physical activity to punish inappropriate behavior.⁴⁸

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. The state monitors the implementation of local school wellness policies through the school nutrition program administrative review process.

State Standards: The state has adopted standards for physical education, but school districts are not required to comply. [The Healthy and Balanced Living Curriculum Framework for Comprehensive School Health Education and Comprehensive Physical Education](#) was last revised in 2006 and is based on the national standards.

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 requires elementary schools to use the standards-based curriculum developed by the department of education. This curriculum is to be reviewed and/or revised approximately every 10 years. The state recommends but does not require meeting state/national standards for middle school/junior high and high school curriculum.

The state has distributed goals and objectives of physical education programs, student learning benchmarks, lesson plans or learning activities for physical education, curriculum frameworks, technical assistance, and professional development workshops to schools or school districts. It has promoted the use of the Physical Education Curriculum Analysis Tool (PECAT) through presentations at state conferences and meetings, sharing information through state communication networks, and hosting a professional development session sponsored by the Centers for Disease Control and Prevention. A state Cadre of Physical Education Teachers professional

development group has been trained as PECAT trainers and provides training upon request.

State Funding for Physical Education Programs: Carol M. White PEP grants fund physical education in some of the state's school districts and schools. These grants may be used according to the grant criteria.

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

Grade Point Average (GPA): The state does not require 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: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state requires student physical fitness assessments in grades 4, 6, 8, and 10. Third Generation Connecticut Physical Fitness Assessment Results data are shared at the school level (e.g. to students, parents, principal) and with the school district and state department of education.

Body Mass Index (BMI): The state requires schools to collect students' height and weight. It does not provide school districts or schools with model policies, policy guidance, or other materials to inform school or district policy on this data collection.

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. It requires physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education⁴⁹ (PRAXIS II: 5095 Physical Education: Content and Design). 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, and this professional development must be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has 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. However, some districts encourage and incentivize National 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 (<1.0 FTE) to oversee implementation, compliance, technical assistance and monitoring of physical education programs in school districts and schools.

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42 Conn. Gen. Stat. § 10-16b (2015).

43 Conn. Gen. Stat. § 10-221a (2015). High school graduation requirements.

44 Conn. Gen. Stat. § 10-16b (2015).

45 Conn. Gen. Stat. § 10-221a (2015). High school graduation requirements.

46 Conn. Gen. Stat. § 10-221a (2015). High school graduation requirements.

47 Substitute House Bill No. 6525 (2013); Public Act No. 13-173 (2013).

48 Substitute House Bill No. 6525 (2013); Public Act No. 13-173 (2013).

49 Conn. Agencies Regs. § 10-145d-454 and § 10-145d-456 (2015).