

HEALTH / PHYSICAL EDUCATION

The Alexandria City School Board (Board) believes that health education, physical education, and opportunities for physical movement are essential to student physical and mental health. Opportunities are provided inclusively and equitably to all students. When possible, the Board encourages the Superintendent to exceed state minimum requirements.

Students receive health instruction and physical training as prescribed by the Virginia Board of Education and approved by the Virginia Board of Health.

Such health instruction

- incorporates standards that recognize the multiple dimensions of health by including mental health and the relationship of physical and mental health so as to enhance student understanding, attitudes, and behavior that promote health, well-being and human dignity; and
- may include an age-appropriate program of instruction on the safe use of and risks of abuse of prescription drugs that is consistent with curriculum guidelines developed by the Virginia Board of Education and approved by the Virginia Board of Health.

Alexandria City Public Schools (ACPS) provides a program of physical activity available to all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week on average during the regular school year and available to all students in grades six through twelve with a goal of at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, elective courses based on physical activity, extracurricular athletics, recess, movement breaks during class, or other programs and activities. Any physical education class offered to students in grades seven and eight includes at least one hour of personal safety training per school year in each such grade level that is developed and delivered in partnership with the local law-enforcement agency and consists of situational safety awareness training and social media education.

In addition:

- Elementary school students have the goal of
 - 60-90 minutes per week of physical education instruction; and
 - 30 minutes per day of recess; and
 - 15 minutes per day of active classroom learning where movement enhances academic learning in the classroom.
- Middle school students have the goal of 150 minutes of movement opportunities each week. Schools develop plans which consider weather and other activities to create these opportunities. Options include but are not limited to:
 - Taking elective courses that are substantially based on physical activities.
 - Movement breaks during classes
 - School-wide movement breaks
 - After-school intramurals and movement-based clubs

- 46 ● High school students have the goal of 150 minutes of movement opportunities each week.
- 47 Options include but are not limited to:
- 48 ○ Taking elective courses that are substantially based on physical activities.
- 49 ○ Movement during flexible times
- 50 ○ Participation in sports, JROTC, or after-school clubs (that are movement-based)

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52 **Family Life Education**

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54 In accordance with Policy IGAF parents/legal guardians may opt out of the Family Life Education
55 (FLE) portion of the Health and Physical Education curriculum. This opt-out only applies to the
56 FLE lessons of the curriculum and does not extend to the remainder of the curriculum that includes
57 lessons that cover the Health Standards of Learning

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- 60 Adopted: January 9, 1997
- 61 Amended: July 1, 2005
- 62 Amended: January 22, 2015
- 63 Amended: April 25, 2019
- 64 Amended: September 10, 2020
- 65 Amended: September 9, 2021
- 66 Amended: December 15, 2022

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69 Legal Refs.: Code of Virginia, 1950, as amended, §§ 22.1-207, 22.1-253.13:1.
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71 8 VAC 20-320-10.

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73 *Guidance for Schools*, Centers for Disease Control and Prevention (CDC),
74 (Updated May 2020), <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>.

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77 *Phase Guidance for Virginia Schools*, Virginia Department of Health (VDH),
78 (July 1, 2020),
79 <https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Final-Phase-Guidance-for-Virginia-Schools-6.9.20.pdf>.

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- 82 Cross Refs.: IC/ID School Year/School Day
- 83 IGAG Teaching About Drugs, Alcohol, and Tobacco
- 84 JHCA Physical Examinations of Students
- 85 JHCF Student Wellness
- 86 JHCF-R Wellness Guidelines for the Alexandria City Public Schools
- 87 JO Student Records

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Family Life Education

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Commented [1]: Added to clarify that families cannot opt out of the remainder of the curriculum.

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