

REQUIREMENTS FOR PHYSICAL ACTIVITY, PHYSICAL EDUCATION, AND FITNESS ASSESSMENTS

GRADE LEVEL	STRUCTURED PHYSICAL ACTIVITY (PA)	PHYSICAL EDUCATION (PE)	FITNESS ASSESSMENT
ELEMENTARY GRADES 1-5	The requirement of the Texas Education Code (TEC), §28.002, as amended by Senate Bill (SB) 530, 80th Texas Legislature, 2007 is thirty (30) minutes a day in grades 1-5 and grade 6 if on an elementary campus. If a school district determines, for any particular grade level below sixth grade, that this requirement is impractical due to scheduling concerns or other factors, students in that grade level may participate in moderate or vigorous PA for at least 135 minutes during each school week.	PE Texas Essential Knowledge and Skills (TEKS)-based instruction is required to be offered at each elementary school grade level, but the format is flexible. The requirement, listed in the Texas Administrative Code (TAC) may be found at TAC §74, Subchapter A, Description of a Required Curriculum: http://www.tea.state.tx.us/rules/tac/chapter074/ch074a.html	**Fitness assessments using FITNESSGRAM are required for all students in grades 3 -5.
MIDDLE SCHOOL GRADES 6-8	Thirty (30) minutes a day of PA are required for grades 6-8 and to be offered at least four semesters during grades 6-8. Grade 6 on an elementary campus follows the requirement for elementary schools. For districts that use block scheduling, students must participate in moderate or vigorous PA for at least 225 minutes during each two-week school period. The requirement is referenced above.	As referenced above, PE TEKS-based instruction is required to be offered at each middle school grade level, but the format is flexible.	**Fitness assessments using FITNESSGRAM are required for all students in grades 6-8.
HIGH SCHOOL GRADES 9-12	Structured PA is included in courses listed in the TAC for graduation credit. TEKS for these courses may be found at: http://www.tea.state.tx.us/rules/tac/chapter116/ch116c.html .	The PE graduation requirement is for one and one-half and no more than two credits to include Foundations of Personal Fitness (one-half credit). Substitutions for graduation credit are allowed. The only courses that are authorized by the State Board Of Education (SBOE) to substitute for PE are listed in the TAC at http://www.tea.state.tx.us/rules/tac/chapter074/ch074f.html	**Fitness assessments using FITNESSGRAM are required for all students in grades 9-12.

****FITNESSGRAM and Exemptions for Students with Disabilities**

FITNESSGRAM is a physical fitness assessment only. Schools are encouraged to evaluate the cognitive, attitudinal, and behavioral factors of students. The Texas Education Code (TEC) permits an exemption

for students with disabilities from participating in the physical fitness assessment. The specific Texas Administrative Code (TAC) and TEC regulations are provided at these links: [TEC § 38.101. ASSESSMENT REQUIRED.](#); [TAC §74.31. Health Classifications for Physical Education.](#) [Sec. 104.002. HEALING ART.](#) [Sec. 104.003. REQUIRED IDENTIFICATION.](#)

Districts are encouraged to consider the guidance from the Texas Association of Health, Physical Education, Recreation and Dance (TAHPERD) regarding adaptive physical education as indicated by ARD committee recommendations. This guidance is available at: http://www.tahperd.org/LINKS/links_physical_ed.html.