



Amount of Required Physical Education: Texas mandates physical education Texas Essential Knowledge and Skills (TEKS)-based instruction to be offered at each elementary and middle school grade level, but the format is flexible. The state also requires that high schools provide their students with physical education.

Texas mandates at least 135 minutes of moderate or vigorous structured physical activity per week in elementary school (grades K-5, or K-6, depending on the district), but it does not required daily recess. Full day kindergarten students, and to the extent practicable, PK students in half day programs, are to participate in moderate or vigorous physical activity for 30 minutes each day. The state also mandates at least 30 minutes per day of structured moderate-to-vigorous structured physical activity in junior high (grades 6-8 or 7-8, depending on the district).

With the exception of kindergarten, physical activity may or may not be included in the physical education curriculum. However, starting in 2010, school districts are required to ensure that at least 50% of the physical education class includes actual physical activity.

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

Substitutions: The state permits school districts or schools to allow students to substitute inter-scholastic sports, community sports, JROTC, marching band, cheerleading, drill team, any athletic team participation for their required physical education credit.

Exemptions/Waivers: The state board of education approves substitutions, not exemptions or waivers. School districts must request approval from the state commissioner of education for off-campus physical education substitutions. Local school districts make decisions to determine which courses and activities meet state guidelines and grant substitutions or equivalency credits as needed.

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State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Texas Essential Knowledge and Skills (TEKS) were last revised in 1998. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. However, all curricula must be sequential, developmentally appropriate, and designed, implemented and evaluated to enable students to develop the motor, self-management, and other skills, knowledge, attitudes and confidence necessary to participate in physical activity throughout life. Each school district must also establish specific objectives and goals the district intends to accomplish through the physical education curriculum. Local school systems have the option of using the CATCH commercial curriculum.

Class Size: The state specifies a student-to-teacher ratio of 45:1 for physical education classes, which is not comparable to other curricular areas.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. Foundations of Personal Fitness, a course on personal fitness and wellness, is open to students who request permission and are approved to take online courses. All online courses provided through the TxVSN must be taught by teachers with Texas certification in the course subject area and grade level.

Student Assessment Requirements: The state requires student assessment in physical fitness every year starting in grade 3 and continuing through grade 12. Physical fitness levels are measured and results are sent to the state as congregate data for the district and may be shared publicly. Individual student results are sent to parents or guardians. The data may also be used for research studies.

Fitness Testing: The state requires school districts/schools to assess students' physical fitness levels using the FITNESSGRAM.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

State Comprehensive Assessment Test: The state has a comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school PE classes. Evidence of "necessary skills and knowledge" must be documented through in-service records, seminar attendance records, or transcripts of college courses. Teachers certified in other course content areas may elect to take a required exam for PE certification.

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Temporary Certification: Temporary/emergency teacher certification to teach physical education is available.

Professional Development of Physical Education Teachers: No professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

Contact Person:

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