

## HEALTH/PHYSICAL EDUCATION

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

The Albemarle County School Division provides a program of physical activity available to all students in grades kindergarten through five consisting of at least twenty (20) minutes per day or an average of one hundred (100) minutes per week during the regular school year and available to all students in grades six through twelve with a goal of at least one hundred and fifty (150) minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular athletics, recess, or other programs and physical 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.

Adopted: July 1, 1993  
 Amended: February 22, 1999; January 27, 2011; April 23, 2015; August 23, 2018; August 25, 2022  
 Reviewed: September 9, 2004  
 Equity Review: August 25, 2022

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Legal Refs.: Code of Virginia, 1950, as amended, §§ 22.1-207, 22.1- 253.13:1

Cross Refs.: IC/ID, *School Year/School Day*  
 IGAG, *Teaching About Drugs, Alcohol, and Tobacco*  
 JHCA, *Physical Examinations of Students*  
 JHCF, *Student Wellness*  
 JO, *Student Records*