

## HEALTH/PHYSICAL EDUCATION

Each school organizes and maintains a physical education and health education program in accordance with Board of Education regulations and State Board of ~~Education and Albemarle County regulations and Health~~ guidelines.

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's goal is that a program of physical activity will be 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 during the regular school year and available to all students in grades six through 12 for at least 150 minutes per week on average during the regular school year. School Division will provide a program of physical fitness available to all students 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, extracurricular athletic activities, recess and other programs and activities. ~~The Albemarle County School Board has incorporated a goal for implementation of such program during the regular school year into its wellness policy, JHCF Student Wellness.~~

Adopted: July 1, 1993  
 Amended: February 22, 1999; January 27, 2011; April 23, 2015  
 Reviewed: September 9, 2004

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

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*