

TENNESSEE STATE BOARD OF EDUCATION	
PHYSICAL ACTIVITY AND PHYSICAL EDUCATION	4.206

**I. Requirements for Physical Activity and Physical Education**

- (1) Each Local Education Agency (LEA) shall integrate the time periods and other requirements of physical activity and physical education into the instructional day for all students as required by T.C.A. § 49-6-1021.
- (2) Physical activities shall promote fitness and well-being and shall complement and expand upon an LEA's Coordinated School Health program. Activities that may be used to meet the requirements for physical activity are outlined in T.C.A. § 49-6-1021(b)(1).
  - (a) For elementary school students, physical activity shall include unstructured free play outside, including recess, weather permitting.
  - (b) For middle and high school students, physical activity may include activity that takes place during physical education class.
  - (c) Walking to and from class is not considered physical activity and shall not be counted toward the required minutes for physical activity.
  - (d) Physical activity, including recess, shall not be withheld from a student as a punishment.
- (3) LEAs should work collaboratively with local, state, and federal organizations and agencies on best practices for incorporating physical activity. Physical activity should be integrated into all curricula areas of the school program.
- (4) LEAs shall offer annual professional development in the area of physical education and health education.
- (5) LEAs may provide physical education at least twice per week to all middle and high school students.
- (6) LEAs may align their policies with the recommendations of relevant professional organizations.