

Physical Education and Physical Activity Policy 4.206

The Background:

This item updates language within the Physical Education and Physical Activity Policy to align with state law and policy. Chapter 306 of the Public Acts of 2025 increases, from 130 minutes per full school week to 40 minutes per school day, the minimum amount of physical activity required for elementary school students. The legislation also establishes additional requirements for the minimum amount of physical activity required for elementary school students. Because state law outlines minimum amounts and requirements of physical activity for elementary school students, the Department recommends removing redundant language from policy and prioritizing detailed guidelines necessary to interpret state law. Further revisions were made to align with existing language in other relevant State Board policy.

Additionally, the item provides clarity on required school and district practices related to student physical activity and physical education by streamlining language used throughout the policy.

Between first and final reading, revisions were made at the request of a State Board member to change the language from “may” to “are strongly encouraged” in regards to LEAs providing physical education at least twice per week to all middle and high school students.

The Fiscal Analysis Impact:

T.C.A. § 49-1-212 requires that the Department prepare a fiscal analysis of any policy, rule, or regulation proposed to the State Board of Education. This item has no financial impact on an LEA.

Policy Justification:

T.C.A. § 4-5-230 requires that justification for adopting an item as a policy instead of a rule be submitted to the chair of the Government Operations Committee. This item is proposed to be adopted as a policy because it defines or explains the meaning of a statute or rule and/or concerns only the internal management of state government that does not affect private rights or privileges.

Connection to the [Master Plan](#):

This item supports the State Board’s strategic focus on Engagement and Accountability outlined in the Master Plan by updating its rules and policies to align with state law and policy.

The Recommendation:

The Department of Education recommends approval of this item on final reading. The SBE staff concurs with this recommendation.