

# INSTRUCTION

File: IGAE/IGAF

## HEALTH/PHYSICAL EDUCATION

Each school shall organize and maintain a physical and health education program in accordance with State Board of Education regulations and State Board of Health Guidelines.

The Charlottesville City School division's goals are that a program of physical fitness will be available to all students for at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular activities, and other programs and activities. The Charlottesville City School Board has incorporated a goal for the implementation of such program during the regular school year into wellness policy, JHCF Student Wellness.

Adopted: July 16, 1998  
Revised: April 17, 2008  
Revised: June 19, 2008  
Revised: June 17, 2010  
Revised: June 30, 2015  
Reviewed: June 20, 2017

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Legal References: Code of Virginia, 1950, as amended, sections 22.1-207, 22.1-253.13:1  
8 VAC 20-320-10

Cross References: IGAG Teaching About Drugs, Alcohol, and Tobacco  
JHCA Physical Examinations of Students  
JFCH Student Wellness  
JO Student Records