

# INSTRUCTION

File: IGAE/IGAF-R

## HEALTH/PHYSICAL EDUCATION

1. Each school within the school division shall organize and maintain a physical and health education program in accordance with State Board of Education regulations and State Board of Health Guidelines.
2. The Charlottesville City School division's goals are 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.
3. The physical fitness program will include a combination of physical education classes, extracurricular activities, recess, and other programs or activities.
4. The Coordinator for Health and Physical Education programs shall submit a plan annually to the Superintendent or designee to meet the goal.

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